

LUNCH BOX GUIDE

Pack a tasty lunch in minutes
by choosing foods you enjoy.

Try for...

TWO TYPES OF VEGETABLES OR FRUITS

Beets	Kale	Apples
Bell peppers	Lettuce	Apple sauce
Broccoli	Mushrooms	Bananas
Cabbage	Peas	Berries
Carrots	Potatoes	Grapes
Cauliflower	Spinach	Mango
Celery	Squash	Melon
Corn	Sweet potato	Oranges
Cucumber	Tomatoes	Peaches
Green beans		Pears

ONE TYPE OF WHOLE GRAIN FOOD

Bagels	Naan
Bread	Noodles
Bun	Pancakes
Cereal	Pita
Couscous	Rice
Crackers	Tortillas
Muffins	

TWO TYPES OF PROTEIN FOODS

Cheese	Beans
Kefir	Hummus
Milk	Lentils
Yogurt	Nuts
	Seeds
	Seed, pea or nut butter
	Tofu
Beef	
Chicken	
Egg	
Fish	
Lamb	
Pork	
Wild game	

Choose sauces and sides to complement:

Examples include condiments such as dips, salad dressing, cream cheese, mayonnaise, mustard, ketchup, salsa, barbecue sauce, soy sauce, and butter, as well as foods such as pickles, granola bars, cookies, and pretzels.

DIY Lunch Kit



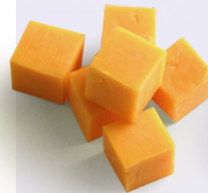
Bell peppers



Grapes



Pita



Cheese



Egg



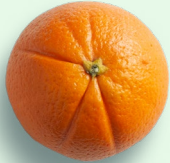
Sauces and sides: tzatziki

GET INSPIRED

Leftover Beef and Noodle Bowl



Broccoli



Orange



Noodles



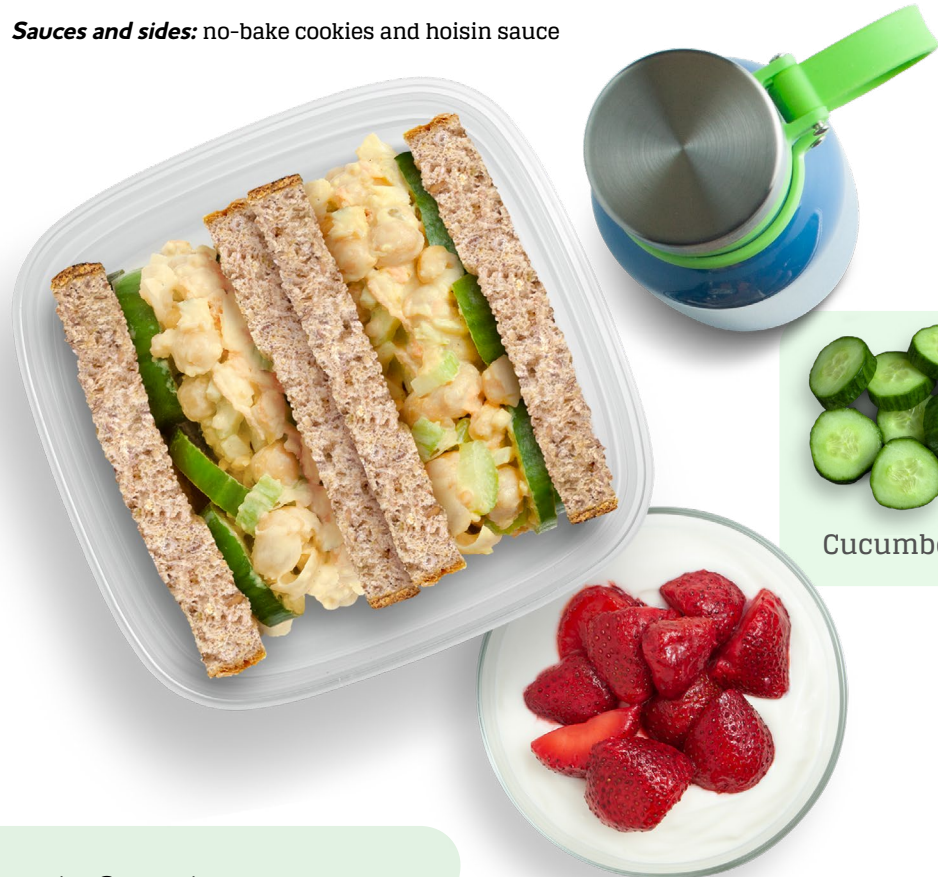
Milk



Beef



Sauces and sides: no-bake cookies and hoisin sauce



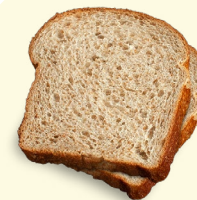
Smashed Chickpea Sandwich



Cucumbers



Strawberries



Bread



Yogurt



Chickpeas

Sauces and sides: mustard, mayonnaise, and pickles in sandwich

TeachNutrition™

By Dairy Farmers of Canada's Registered Dietitians