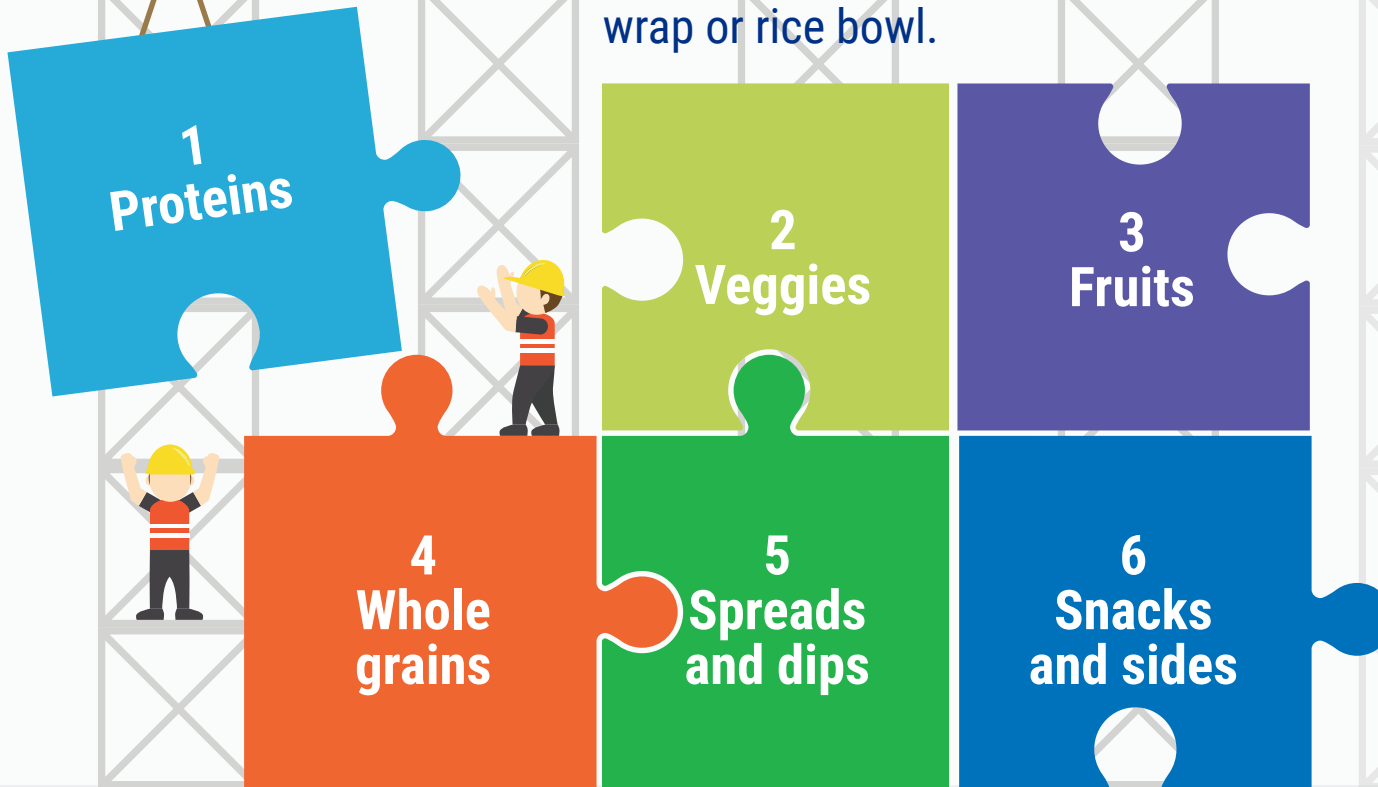


Lunch Box Building Blocks

Pick at least one from each group to build a sandwich, wrap or rice bowl.



*Whole grains and brown rice provide more nutrition and are better for blood sugars than their refined counterparts. Look for 100 percent whole wheat, whole oats, whole cornmeal or brown rice in the ingredient list.

1

Proteins

Turkey/chicken/salmon
Cheese cubes/slices/sticks
Egg/chicken/tuna/
garbanzo bean salad
Tofu
Beans
Nut butter
Hummus
Yogurt
Hard-boiled egg
Veggie burger

2

Veggies

Snap peas
Bell pepper
Carrots
Radishes
Cucumber
Cauliflower
Celery
Cherry tomatoes
Broccoli
Lettuce/cabbage shells
(for wraps)

3

Fruits

Apple slices
Cherries
Mango
Orange
Grapes
Cubed melon
Berries
Pear
Banana

4

Whole grains

Bagel
Pita
Bread
Rice
Crackers
Tortilla

5

Spreads and dips

Cream cheese
Nut/seed butters
Hummus
Pesto
Tapenade
Ranch dip
Guacamole dip
Bean dip

6

Snacks and sides

Trail mix
Yogurt
Popcorn
Pickles
Applesauce
Granola
String cheese
Homemade muffins
Dry cereal
Dried fruit