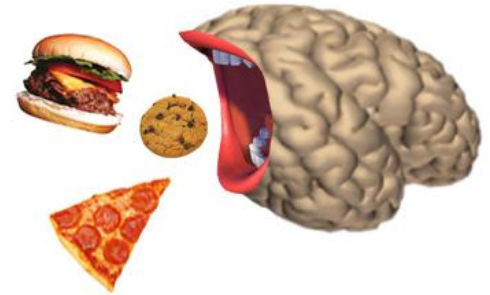


FOOD FOR THOUGHT LUNCHES©

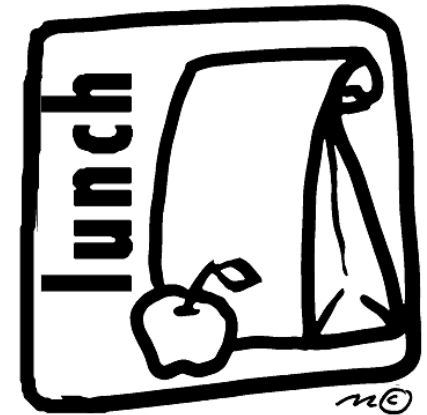
Pick one item from each category and you know you have a nutritious, satisfying lunch!



High fat, high sugar lunches can cause:

- Sleepiness
- Cravings
- Diabetes
- Weight gain

| Protein | Fruit | Veg | Dairy | Grain |
|--------------------------------|------------------------------|-----------------|-----------------|----------------------------|
| Deli Chicken or turkey | Grapes | Carrots | Skim or 1% Milk | Whole Wheat Wrap |
| Grilled Chicken | Orange | Cucumbers | Low-Fat Yogurt | Whole Wheat Bread |
| Hard Boiled Egg | Banana | Red Peppers | String Cheese | Whole Wheat English Muffin |
| Lean Ham | Strawberry | Green Peppers | Cottage Cheese | Whole Grain Crackers |
| Tuna | Blueberries | Yellow Peppers | | Whole Wheat Pita Pocket |
| Nuts | Kiwi | Zucchini | | Multi-grain Pretzels |
| Natural Peanut & Almond Butter | Applesauce | Jicama | | Granola |
| Tofu or Veggie Burger | Fruit Cup | Broccoli | | Granola Bar |
| Hummus | Raisins or other Dried Fruit | Salad | | Rice Cakes |
| Pinto, Black Beans | Homemade Fruit Leather | Sugar Snap Peas | | Popcorn |
| Chickpeas | Pear | Summer squash | | Soy Crisps |



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