

## The Ultimate Lunch Guide | Lunch Hour... is the Best Hour of the Day

Does your lunch leave you looking at takeout as the only option? This lunch guide will help you keep your lunchbox both exciting and nutritious! The portions below give you an idea of how much you should be adding to your lunch box but always remember to eat mindfully and adjust your portion size based on your hunger level. The portions are for an individual portion; scale up for more people or meal prep!

**Nourish Bowls** | A quick and easy way to use up leftovers in your fridge; they are a little heartier than a salad, but just as customizable!

| Fruit & Veggies<br>(Choose 2-4)       |  | Protein<br>(Choose 1)                  | Fats<br>(Choose 1-2)                     | Carbohydrate<br>(Choose 1-2)   | Extras/ Toppings<br>(Choose 1-3) | Dressing/ Sauce<br>(Choose 1) |
|---------------------------------------|--|--|--|--------------------------------|----------------------------------|-------------------------------|
| ¼ - ½ cup sliced, diced, chopped each |  | 3-4 oz (animal pro)<br>½ cup (veg pro) | 1-2 tbsp (nuts/seeds)<br>1.5 oz (cheese) | 1 cup total                    | 1-2 tbsp                         | 2-3 tbsp                      |
| Apple                                 | Mandarin Oranges                       | Beef                                   | Almonds                                  | Amaranth                       | Basil                            | Asian Sesame                  |
| Artichoke                             | Mangoes                                | Black Beans                            | Avocado                                  | Barley                         | Chives                           | Balsamic                      |
| Arugula                               | Mixed Baby Greens                      | Chicken                                | Blue Cheese                              | Brown/Wild Rice                | Cilantro                         | BBQ                           |
| Bell Peppers                          | Mushrooms                              | Chickpeas/ Falafels                    | Cashews                                  | Buckwheat                      | Croutons                         | Creamy Cashew                 |
| Blackberries                          | Onion                                  | Fish                                   | Cheddar Cheese                           | Bulgar                         | Dill                             | Curry Sauce                   |
| Blueberries                           | Peaches                                | Hard Boiled Eggs (2)                   | Feta Cheese                              | Corn                           | Dried Apricots                   | Greek                         |
| Broccoli                              | Pears                                  | Hemp Hearts<br>(3 tbsp)                | Goat Cheese                              | Couscous                       | Dried Cranberries                | Green Goddess                 |
| Brussel Sprouts                       | Persimmon                              | Lamb                                   | Halloumi Cheese                          | Farro                          | Goji Berries                     | Honey Dijon                   |
| Cabbage                               | Pomegranate Seeds                      | Lentils                                | Olives                                   | Freekeh                        | Green Onions                     | Pesto                         |
| Carrots                               | Radicchio                              | Pork Loin                              | Parmesan Cheese                          | Millet                         | Mint                             | Ranch                         |
| Cauliflower                           | Raspberries                            | Scallops                               | Pecans                                   | Pasta                          | Nutritional Yeast                | Siracha                       |
| Collard Greens                        | Roasted/ Pickled /<br>Spiralized Beets | Shelled Edamame                        | Pine Nuts                                | Quinoa                         | Parsley                          | Spicy Yogurt Sauce            |
| Cucumber                              | Spinach                                | Shrimp                                 | Pumpkin Seeds                            | Roasted Acorn Squash           | Raisins                          | Spicy Peanut Sauce            |
| Figs                                  | Snow/ Sugar Snap<br>Peas               | Tempeh                                 | Sesame Seeds                             | Roasted Butternut<br>Squash    | Seaweed Crisps                   | Sweet Onion                   |
| Grapes                                | Swiss Chard                            | Tofu                                   | Sunflower Seeds                          | Roasted Pumpkin                | Sprouts                          | Teriyaki Sauce                |
| Kale                                  | Tomato                                 | Turkey                                 | Walnuts                                  | Roasted Sweet Potato<br>Chunks | Tortilla Strips                  | Turmeric Tahini               |

## Nourish Bowls | Inspiration Station

**Asian:** Broccoli, Carrots, Cabbage, Tofu, Peanuts, Rice Noodles, Green Onions, Spicy Peanut Sauce

**Bamboo:** Roasted Broccoli, Carrots, Cabbage, Mushrooms, Beef, Brown Rice, Cilantro, Curry Sauce

**Crisp & Hearty:** Kale, Beets, Swiss Chard, Salsa Fresca, Black Beans, Avocado, Corn, Farro, Crispy Tortilla Strips, Spicy Yogurt Sauce

**Green Goddess:** Kale, Spiralized Beets, Tomato, Hard Boiled Eggs, Avocado, Bacon Bits, Quinoa, Green Goddess Dressing

**Mediterranean:** Mixed Baby Greens, Red Onion, Cucumber, Roasted Red Pepper, Tomatoes, Falafels, Feta Cheese, Black Olives, Quinoa, Cilantro, Greek Dressing

**Moroccan:** Carrots, Kale, Cucumber, Tempeh, Raisins, Dried Cranberries, Quinoa, Parsley, Honey Dijon

**Pangoa:** Cherry Tomatoes, Cucumber, Spinach, Black Beans, Cheddar Cheese, Corn, Wild Rice, Cilantro, BBQ Sauce

**Plant Power:** Roasted Artichokes, Swiss Chard, Sautéed Mushrooms & Onions, Chickpeas, Brown Rice, Roasted Sweet Potato, Nutritional Yeast, Tahini

**Spicy Mediterranean:** Radicchio, Roasted Cauliflower, Carrots and Jalapenos, Pomegranate Seeds, Falafels, Toasted Almonds, Brown Rice, Parsley, Tahini

**Taste of Fall:** Apple, Kale, Roasted Brussel Sprouts, Chickpeas, Pumpkin Seeds, Roasted Acorn Squash, Bulgar, Dried Apricots, Creamy Cashew Sauce

**Teriyaki Twist:** Broccoli, Carrots, Cucumber, Edamame, Sesame Seeds, Brown Rice, Green Onion, Teriyaki Sauce

**Thai Tempeh:** Bell Peppers, Broccoli, Carrots, Snow Peas, Tempeh, Sesame Seeds, Avocado, Jasmine Rice, Cilantro, Green Onion, Spicy Peanut Sauce

**unBEETable:** Sautéed Kale, Roasted Brussel Sprouts & Beets, Turkey, Roasted Butternut Squash, Freekeh, Dried Cranberries, Turmeric Tahini

### Tips & Tricks

- Roast, Grill or Bake protein option(s) to have on hand for your bowls or use up leftovers from last night's dinner! Cooked animal protein should be refrigerated and consumed within 3-4 days.
- Keep staples such as canned beans, legumes, lentils and tuna on hand for quick protein options
- Boil a few eggs at a time and store in the fridge for 3-4 days. Peel before adding to your bowl.
- Buy pre-washed greens and pre-cut fruits/veggies to save on preparation time if desired
- Your veggies do not always have to be raw! Try roasting and grilling some for added flavour and variety.
- Try roasting chickpeas or other legumes in the oven or sauteing on the stovetop with olive oil and desired spices for extra flavour and a nice crunch
- Use store-bought dressing/sauce or make your own salad dressing in larger portions to have on hand

## Bento Boxes | A delicious and healthy lunch, ready in a flash!

| Fruit & Veggies<br>(Choose 2-4)                          |                   | Protein<br>(Choose 1)                  | Fats<br>(Choose 1-2)                               | Carbohydrate<br>(Choose 1-2)                |
|--|-------------------|--|--|---|
| ½ cup each fresh/ canned/ frozen, 1 whole or ¼ cup dried |                   | 3-4 oz (animal pro)<br>½ cup (veg pro) | 1-2 tbsp<br>(nuts/seeds/olives)<br>1.5 oz (cheese) | See below                                   |
| Apple  | Honeydew Melon    | Beef                                   | Almond Butter                                      | Brown/Wild Rice (½ cup)                     |
| Banana   | Kiwi              | Bean Salad (¾ cup)                     | Almonds  | Couscous (½ cup)                            |
| Bell Peppers   | Lettuce/ Spinach  | Canned Salmon                          | Avocado  | Low Sodium Triscuits<br>(40g)               |
| Blackberries   | Mangoes           | Canned Tuna                            | Cashews  | Mary's Gone Crackers<br>(30g)               |
| Blueberries  | Onion             | Chicken                                | Cheddar Cheese                                     | Naan Bread (1/2 large)                      |
| Broccoli   | Peaches           | Chickpeas (1/2 cup)                    | Feta Cheese  | Pancakes (1 med each)                       |
| Cantaloupe   | Pears             | Cottage Cheese (100g)                  | Guacamole  | Pasta (½ cup)                               |
| Carrots  | Persimmon         | Greek Yogurt (100g)                    | Olives   | Quinoa (½ cup)                              |
| Cauliflower  | Pomegranate Seeds | Falafels                               | Parmesan Cheese                                    | Tortilla (1/2 large)                        |
| Celery   | Raspberries       | Hard Boiled Eggs (2)                   | Pecans   | Tortilla Chips (50g)                        |
| Clementine Oranges                                       | Raisins           | Hummus (½ cup)                         | Peanut Butter                                      | Waffles (1 med each)                        |
| Cucumber   | Seaweed Crisps    | Legumes                                | Pumpkin Seeds                                      | Whole Grain Crackers<br>(30-40g)            |
| Dates  | Strawberries      | Shelled Edamame                        | Sunflower Seeds                                    | Whole Grain/<br>Homemade Muffin<br>(1 each) |
| Dried Apricots   | Sugar Snap Peas   | Skyr (100g)                            | Swiss Cheese                                       | Whole Grain Pita Bread<br>(1/2 large)       |
| Grapes   | Tomato            | Tempeh                                 | Walnuts  | Whole Wheat English<br>Muffin (1 each)      |
| Goji Berries   | Watermelon        | Tofu                                   | Energy Bites (2-3 each)                            |   |



## Bento Boxes | Inspiration Station

**Greek:** Tomato, Cucumber, Red Onion, Sliced Chicken, Feta Cheese, Olives, Tzatziki

**Breakfast Box:** Blackberries, Raspberries, Strawberries, Almond Butter, Cottage Cheese (drizzle with honey), Whole Wheat English Muffin

**Breakfast Box 2.0:** Apple Slices, Clementine Oranges, Greek Yogurt, Almond Butter, Blueberry Pancakes

**Tuna Protein:** Carrot, Cucumber, Sugar Snap Peas, Grapes, Canned Tuna, Cheddar Cheese, Whole Grain Crackers

**Taco Salad:** Tomato, Lettuce, Corn, Salsa, Black Beans, Cheddar Cheese, Guacamole, Tortilla Chips

**Chickpea Salad:** Carrot, Celery, Cucumber, Grapes, Chickpea Salad, Roasted Lightly Salted Almonds, Naan Bread

**Spring Strawberry:** Arugula & Strawberries (with balsamic dressing), Vanilla Bean Smooth Cottage Cheese, Goat Cheese, Pecans, Mary's Gone Crackers

**Plant Power:** Bell Peppers, Cucumber, Tomato, Hummus, Pumpkin Seeds, Whole Wheat Pita Bread

**Stud Muffin:** Bell Peppers, Carrots, Cucumber, Grape Tomatoes, Hard Boiled Eggs, Swiss Cheese, Homemade Muffin

**Colourful Finger Foods:** Cherry Tomatoes, Carrots, Greek Yogurt, Date/Pecan Rolls OR Stuff 3-4 dates with Nut Butter, Whole Wheat Pita

**Balanced Bento:** Mixed Berries, Carrots, Cucumber, Grapes, Hummus, Energy Bites, Whole Grain Crackers

### Tips and Tricks

- Invest in a good bento box container with dividers and smaller silicone molds to help separate foods
- Make a big batch of mini pancakes, energy bites and/or muffins and freeze them
- Dry fruit as much as possible before portioning out
- Keep leafy greens away from wet fruit or vegetables to avoid wilting
- Keep chips, crackers or bread separate from vegetables
- Keep condiments in containers and add dressings right before serving
- If desired, add a little something sweet such as a cookie or 2-3 squares of chocolate

## Sandwiches, Wraps and Flatbreads | Life is like a sandwich... you have to fill it with the best ingredients!

| Fruit & Veggies<br>(Choose 2-4) |  | Protein<br>(Choose 1)                  | Fats<br>(Choose 1-2)                     | Carbohydrate<br>(Choose 1-2)           | Extras/<br>Toppings<br>(Choose 0-2) | Dressing/ Sauce<br>(Choose 0-1) |
|---------------------------------|--|--|--|--|-------------------------------------|---------------------------------|
| 2-4 tbsp each                   |  | 3-4 oz (animal pro)<br>½ cup (veg pro) | 1-2 tbsp (nut butter)<br>1.5 oz (cheese) | ½ or 1 each                            | 1-2 tbsp each                       | 1-2 tbsp                        |
| Apple                           | Kale                                   | Beef                                   | Almond Butter                            | Brioche Bun (1 each)                   | Bacon                               | Asian Sesame                    |
| Artichoke                       | Mandarin Oranges                       | Chicken                                | Avocado/ Guacamole                       | Ciabatta Bun (1 each)                  | Basil                               | Balsamic Reduction              |
| Arugula                         | Mangoes                                | Chickpeas/ Falafels                    | Blue Cheese                              | Challah Bread                          | Chives                              | BBQ                             |
| Bell Peppers                    | Mixed Baby Greens                      | Fish                                   | Cheddar Cheese                           | Corn Tortilla (1/2 large)              | Cilantro                            | Curry Sauce                     |
| Blackberries                    | Mushrooms                              | Hard Boiled Eggs (2)                   | Cream Cheese                             | Flour Tortilla (1/2 large)             | Dill                                | Greek                           |
| Blueberries                     | Onion                                  | Hemp Hearts<br>(3 tbsp)                | Feta Cheese                              | Focaccia Bread                         | Green Onions                        | Green Goddess                   |
| Broccoli                        | Peaches                                | Lamb                                   | Goat Cheese                              | Gluten Free Bread (1 slice)            | Hot Peppers                         | Honey Dijon Mustard             |
| Brussel Sprouts                 | Pears                                  | Legumes                                | Halloumi Cheese                          | Naan Bread (1/2 large)                 | Mint                                | Ketchup                         |
| Cabbage                         | Persimmon                              | Pork Loin                              | Havarti Cheese                           | Multigrain Baguette                    | Nutritional Yeast                   | Mayonnaise                      |
| Carrots                         | Radicchio                              | Scallops                               | Mozzarella Cheese                        | Pumpernickel Bread (1 slice)           | Parsley                             | Pesto                           |
| Cauliflower                     | Raspberries                            | Shelled Edamame                        | Olives                                   | Rye Bread (1 slice)                    | Pickles                             | Ranch                           |
| Collard Greens                  | Romaine                                | Shrimp                                 | Parmesan Cheese                          | Sourdough Bread (1 slice)              | Pickled Turnip                      | Salsa                           |
| Cucumber                        | Roasted/ Pickled /<br>Spiralized Beets | Tempeh                                 | Ricotta Cheese                           | Sprouted Grain Bread<br>(1 slice)      | Sage                                | Siracha                         |
| Figs                            | Spinach                                | Tofu                                   | Swiss Cheese                             | Whole Grain Pita Bread<br>(1/2 large)  | Sprouts                             | Sweet Onion                     |
| Grapes                          | Tomato                                 | Turkey                                 | Tahini Paste                             | Whole Wheat English<br>Muffin (1 each) | Zaatar                              | Tomato Sauce                    |

## Sandwiches, Wraps and Flatbreads | Inspiration Station

### Sandwiches

**BEALT:** Lettuce, Tomato, Egg, Bacon, Avocado, Sprouted Grain Bread, Ketchup

**Breakfast Sandwich:** Sautéed Bell Pepper, Onion and Spinach, Egg, Cheddar Cheese, Whole Wheat English Muffin, Bacon, Ketchup or Hot Sauce

**Chicken Parmesan:** Spinach, Tomato, Lightly Bread Chicken Breast (Baked), Mozzarella Cheese, Ciabatta Bread, Basil, Tomato Sauce

**Fall Feature:** Arugula, Roasted Beets and Butternut Squash, Roasted Turkey, Goat Cheese, Ciabatta Bun, Cranberry Sauce

**Grilled Cheese:** Sliced Apple, Baby Carrots, Snow Peas (veggies on side with hummus), Cheddar Cheese, Whole Grain Bread

**Meatball Sub:** Spinach, Roasted Tomatoes, Sautéed Onions, Beef Meatballs, Mozzarella Cheese, Multigrain Baguette, Basil, Tomato Sauce

**Smoked Salmon:** Spinach, Tomato, Smoked Salmon, Cream Cheese, Pumpernickel Bread, Dill

**Pesto:** Roasted Artichoke, Eggplant, Zucchini and Bell Pepper, Roasted Chicken, Havarti Cheese, Focaccia Bread, Pesto

**Roast Beef:** Arugula, Tomato, Pickled Red Onions, Roast Beef, Havarti Cheese, Rye Bread, Horseradish, Mayonnaise

**Veggie Panini:** Roasted Bell Pepper, Mushroom, Eggplant and Zucchini, Grilled Tofu, Goat Cheese, Rye Bread, Balsamic Reduction

### Wraps

**Buffalo Ranch:** Romaine Lettuce, Matchstick Carrots, Bell Peppers, Buffalo Grilled Chicken, Blue Cheese, Tortilla, Ranch

**Chicken Caesar:** Romaine Lettuce, Tomato, Red Onion, Grilled Chicken, Parmesan Cheese, Tortilla, Caesar Dressing

**Mediterranean:** Romaine Lettuce, Tomato, Cucumber, Falafel, Hummus, Tahini, Olives, Pita Bread, Garlic Sauce

**Sesame Chicken:** Cabbage, Matchstick Carrots, Chopped Chicken Breast, Peanut Butter, Sesame Oil, Soy Sauce, Tortilla, Cilantro, Green Onion, Ginger

### Flatbreads

**Blueberry:** Blueberries, Caramelized Onions, Chicken, Ricotta Cheese, Naan Bread, Balsamic Reduction

**Roasted Vegetable:** Bell Pepper, Mushroom, Red Onion, Zucchini, Chicken, Feta Cheese, Naan Bread, Basil

**Pesto Peach:** Peaches, Ricotta Cheese, Naan Bread, Pesto, Pesto, Balsamic Reduction

### Other Hot Lunch Ideas

**Omelet:** Mushrooms, Onions, Peppers, Eggs, Pepper, Vegetable Seasoning, Cheese, Olive Oil, Whole Grain Bread (on side)

**Chilli:** Bell Peppers, Onion, Ground Chicken or Beef, Mixed Bean Medley, Tomato Sauce, Salsa, Sour Cream, Whole Grain Bread (on side)

**Soup:** Tomato, Mixed Vegetable, Beef and Barely etc. Pair with additional Veggies and Sides to balance out meal.

Entrée Salad: See the Ultimate Salad Guide

### Additional Tips & Tricks

- Enjoy your sandwich/ wraps warm by grilling them in a pan or panini press
- Prepare the night before or the day of depending on your schedule
- Warm your protein and roast/ grill your veggies
- Pair your sandwich/ wrap/ flatbread with a side salad, piece of fruit or small bowl of soup to round out the meal
- If you choose deli meats, look for options that are lower in sodium, saturated fat as well as nitrites and potassium additives

***Your turn! Brainstorm 2-3 lunches below that you would like to try!***