

# Tips for Packing Workday Lunches

## TIPS TO MAKE YOUR WORKDAY LUNCHES EASIER

### Plan your workday lunches on the weekend

- This helps to ensure you know what you'll be packing and have what you need on hand

### Do some prep in advance

- Cut up extra veggies, hard-boil some eggs, make a batch of homemade muffins
- Cook large batches of 1 or 2 meals to pack for lunches during the week
- Cook separate elements to mix and match throughout the week in different combinations (e.g. batch of rice or quinoa, pan of mixed roasted vegetables, baked or grilled chicken, etc.)

### Prep and pack what you can the night before

- Having your lunch ready to go in the morning can ease the morning rush

### Make extra servings at dinner the night before

- Dinner leftovers make quick and easy options for lunch the next day

### Aim for variety and balance

- Aim for your lunch to include a vegetable and fruit, whole grain and protein

### Keep staples on hand that build easy lunches when you're in a pinch!

- For example: whole fruit, easy to grab, no-prep vegetables (e.g. baby carrots, snap peas, mini cucumbers, cherry tomatoes, etc.), canned tuna, whole grain crackers, individual yogurt containers, nuts/seeds, etc.

## IT CAN GET BORING PACKING THE SAME THING FOR LUNCH EVERYDAY – HERE ARE SOME IDEAS TO ADD TO YOUR LUNCH ROUTINE:

### Salads

- No recipe salad ideas (each of these allow for easy substitution of ingredients based on your preferences):
  - Mediterranean Chickpea: romaine lettuce, red onion, chickpeas, cucumber, cherry tomatoes, feta + Greek vinaigrette dressing
  - Strawberry Spinach: spinach, quinoa, strawberries, sunflower seeds, green onion, feta + strawberry lime dressing
  - Apple Walnut: kale, red onion, apple, walnuts, dried cranberries, goat cheese + honey mustard dressing
  - Roasted Sweet Potato: mixed greens, roasted sweet potato, purple cabbage, black beans, quinoa + balsamic vinaigrette dressing
  - Pesto Pasta Salad: whole grain pasta, pesto, kale, white beans, cherry tomatoes, feta



### Wraps and Sandwiches

- Tuna Avocado Sandwich: Can of tuna mixed with mashed avocado (or can use mayo or Greek yogurt), chopped celery and onion, served on whole grain bread
- South-western Wrap: Whole grain tortilla, black beans, bell pepper, corn, spinach, salsa
- Greek Pita: Whole grain pita, grilled chicken, tomatoes, cucumber, romaine lettuce, tzatziki, feta cheese
- Peanut Butter Banana: Whole grain English muffin, nut or seed butter, banana
- Hummus wrap: whole grain tortilla, hummus, raw or roasted veggies, chickpeas

### Snack Platter

- Pack your favourites or whatever you have on hand!
- See the list of snack ideas on the right to get started building your snack platter

### Individual Frittatas

- Eggs + any veggies/other fillings you have on hand or prefer – bake mixture in muffin cups until eggs are set (350°F for ~20 minutes)
- Eggs + Tomato + Basil + Feta
- Eggs + Spinach + Mushroom + Onion
- Eggs + Broccoli + Cheddar Cheese
- Eggs + Bell Pepper + Tomato + Zucchini

### Soup or Chili

- Try making a large batch of soup, stew or chili to have throughout the week
- Freeze extra portions to have on hand for when you want a quick lunch option

### SNACKS IDEAS TO COMPLEMENT YOUR LUNCH

#### Vegetables and fruit:

- Bell pepper, mushroom, avocado slices
- Carrot, celery, cucumber sticks
- Cherry tomatoes
- Cauliflower, broccoli florets
- Guacamole
- Apple, orange, pear slices
- Grapes, bananas
- Strawberries, blueberries, raspberries, blackberries
- Melon, pineapple, mango cubes
- Plums, peaches, nectarines
- Unsweetened applesauce

#### Whole grains:

- Crackers
- Popcorn
- Homemade muffin
- Pita, flat bread or tortilla triangles
- Dry cereal

#### Protein:

- Nut/seeds
- Yogurt
- Roasted chickpeas
- Hard-boiled eggs
- Cheese
- Hummus or bean dip



### ADDITIONAL RECIPE IDEAS

- [Canada's Food Guide](#)
- [Cookspiration](#)
- [Foodland Ontario](#)
- [Pulse Canada](#)