



## Packing a Healthy Lunch for Work

### TIPS:

1. Prep over the weekend or the night before when you're cleaning up or are preparing dinner. Choose foods that will hold up well for travel - such as hardier greens vs. baby greens.
2. Plan to repackage leftovers from dinner for lunch the next day. Make a little extra for lunch the next day.
3. Keep cut up fruits and veggies in your refrigerator for easy packing and eating at work.
4. Pack dressings and sauces on the side so food doesn't get too soggy.
5. Get a nice bag and containers that you'd be happy to carry to work and leakproof containers appropriate to what you'll pack for work. Glass is great if you have a concern about plastic. Mason jars can be reused. Pack efficiently to save space. Freezable lunch bags keep lunch fresh.
6. Keep lunch fixings at work if you have a refrigerator and/or space
7. Pack a small treat to give you something to look forward to eating. This could help avoid cravings for something less healthy from a vending machine or store.
8. Allow yourself to eat out one day a week or month, so you don't feel deprived.
9. Make bringing lunch part of a secondary goal such as saving money or eating more vegetables.
10. Mix it up so you don't get bored.
11. Cook as much as you can when you can.
12. Keep some just incase shelf stable foods at your desk like nut butter and crackers and boxed organic soups.

### RECIPES:

- **Chickpea Salad:** <https://bit.ly/2kbd5e7>
- **Apple & Kale Salad:** <https://bit.ly/2IF56GA>
- **Greek Salad:** <https://bit.ly/2N256Jf>
- **Tuna Collard Wraps:** <https://bit.ly/2XDQYiN>
- **Ginger Sesame Noodle Bowl:** <https://bit.ly/2IHp2Zr>
- **Veggie Spring Rolls:** <https://bit.ly/2m0jyJc>
- **Ginger Sesame Dressing & Sauce:** <https://bit.ly/2DT199a>
- **No-Bake Chocolate Chip Peanut Butter Bites:** <https://bit.ly/2kAnUq4>

### Video of these recipes being prepared:

<https://www.youtube.com/watch?v=sd1ut6RCsAk>