

# LUNCHBOX LOVE

## LUNCH TIP NO. 1

### FREEZE THE PEAS

Add a handful of frozen peas to your salad or wrap. They help keep it cold until it's time to eat.

## LUNCH TIP NO. 2

### SHOOT FOR THE STARS

Add BROCCOLI SPROUTS OR PEA SHOOTS to your salad, sandwich, or wrap. They are chock full of minerals and other plant-based nutrient superstars.

## LUNCH TIP NO. 3

### SWEETEN THE POT

Use fruit—such as seasonal sliced peaches—on your next salad or in your lunch bowl. Having something nutrient-dense and naturally sweet like stone fruit, figs, or berries can conquer cravings later in the meal (or the day).

SEASONAL SUPERSTARS INCLUDE MARYHILL PEACHES, CHESTER BLACKBERRIES, AND SEVERAL VARIETIES OF ORGANIC FIGS.

## LUNCH TIP NO. 4

### BOTTOMS UP:

#### *MAKE A MASON JAR SALAD*

Start with olive oil and vinegar at the base of your jar and build up; next add a layer of chopped olives + feta cheese or nuts or seeds + cherry tomatoes, and finally fill the jar to the top with your favorite leafy greens.

QUICK TIP: BUILD 4 OR 5 OF THESE AT A TIME TO MINIMIZE YOUR WEEKLY PREP WORK.

## LUNCH TIP NO. 5 BOX IT UP!

Invest in a cute (and useful) Bento-style lunch box and enjoy nutritious lunch favorites together, yet separately. Try sesame crackers, nori seaweed, salmon burger bites, and cucumber rounds.

### LUNCH TIP NO. 6

#### WRAP IT UP

Do you have a favorite slaw or bean/grain/potato salad recipe, either homemade or from our deli? Make it last during your work week and up your greens or protein intake by using either a single leaf of a collard green, Romaine leaf or slice of turkey to be the vehicle for your slaw or salad.

**PRO TIP: PACK SLAW OR SALAD SEPARATELY FROM YOUR LEAVES TO PREVENT ANY UNDESIRE SOGGINESS. ASSEMBLE AT LUNCH TIME.**

### LUNCH TIP NO. 8

#### GET CULTURED

Make probiotic-rich foods the star of your lunch box. We like Good Culture Cottage Cheese and Kite Hill Yogurt!

### LUNCH TIP NO. 7

#### MAKE THE MOST OF YOUR THERMOS

Plan ahead and have some extra servings of soup ready for lunches. In the morning, “preheat” your Thermos by filling it with boiling water. Meanwhile, heat a serving of soup gently on the stove. When your soup is warmed to your liking, pour the hot water out of the Thermos and transfer the soup into it. The extra heat treatment assures that you have a toasty warm lunch to look forward to later in the day.

### LUNCH TIP NO. 9

#### PLAN A PICTURE-PERFECT PILAF

Cook a batch of your favorite grains. Quinoa and wild rice blends work well. For lunches, add dressing, fresh herbs, green onions, nuts or seeds, and chopped dried or fresh fruit to your cooked grains. Options are endless—from Mediterranean (parsley, pine nuts, and dried apricots) to Thai (cilantro, cashews, and mango).

### LUNCH TIP NO. 10

#### AVOCADO FROM A TO Z

Slice it on sandwiches. Or smash it in salad. Blend it and you have a great spread for a homemade wrap. Avocados are fruits, so put it in fruit salad. A healthy fat that is California-grown—yes please! You can even try it for dessert—blended with cacao, honey, and coconut milk.