

EASY LUNCH IDEAS.



SANDWICHES

- » Use sandwich thins or low-calorie whole grain bread
- » Cut into quarters or use a cookie cutter to cut into fun shapes
- » Low carb alternative – use lettuce wraps



ROLL UPS

- » Whole grain or low carb tortillas
- » Cut crosswise into pinwheels
- » Low carb alternatives – use lettuce, thinly slice cucumber lengthwise, jicama tortillas



SALADS

- » Top with slices of lunch meat, precooked chicken, tuna, slices of leftover meats from dinner, boiled egg, shredded cheese
- » Use small Tupperware for individual servings of dressing



KEBABS

- Using bamboo skewers or toothpicks
- » Alternate cubes of meat and raw or blanched vegetables
 - » Fun way to present fruits



BENTO STYLE

Using a divided container, several small containers, or even using cupcake liners to divide a larger container, give an assortment of items below along with veggies or fruit

- » Boiled eggs
- » Cubes of chicken, turkey
- » Beans
- » Nuts
- » Avocado slices
- » Cubes of cheese
- » Whole grain pasta
- » Edamame



SIDES

- » Raw or lightly steamed veggies
- » Fruit
- » Cottage cheese
- » Yogurt
- » Milk
- » Popcorn
- » String cheese

Created by Jean Park MS, MBA, RD, LD January 2020

MEAL PREP TIPS.



SHOP FROM HOME

Curbside pick up

- » Walmart: \$30 minimum purchase and pick up is free
- » HEB: \$4.95 fee
- » Kroger's: \$4.95 fee

Grocery delivery

- » Instacart
- » Shipt
- » Amazon Prime Now

Set up favorites list for easy reordering



ENLIST HELP FROM FAMILY AND FRIENDS

- » Watch the kids while you cook
- » Provide them with an item to prepare or portion out
Example: Buy large tubs of yogurt and have a family member portion out into 4 oz containers
Example: Have a friend grill an extra package of chicken breasts when they barbeque
- » Store bulk items at their house
- » Shop for items when they already go to the store



REPURPOSE ITEMS FOR MANY USES

- » Grilled chicken – cook once and use for 3-4 meals
Hot with dinner
Cold in sandwiches
With different seasoning in stir fry or tacos



COOK AND FREEZE AHEAD

- » Breakfast: Egg muffins, breakfast sandwiches, tacos
- » Lunch and Dinner: Casseroles, cooked meats, blanched vegetables, soups

A good resource for the shelf life of items is stilltasty.com



USE CONVENIENCE ITEMS

Often healthier to use a convenience item then to buy fast food

- » Frozen meals

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MENDING MINDS.

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