

Campbell's



Nutrition Tips for Quick & Easy Lunches

Planning & prepping your lunches ahead of time can make it easier to meet your goals & save money. Use these tips to add more nutrition, variety, & flavor to your midday meal.

Plan & Prep Tips:



1

Fruits & Veggies

Make half of your meal comprised of fruits & veggies.



2

Healthy Fats

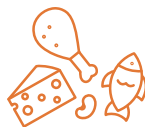
Use moderate amounts of healthy fats such as: avocado, olive oil, nuts, & seeds.



3

Whole Grains

Include whole grains such as: quinoa, brown rice, farro, or corn.



4

Proteins

Choose proteins such as: skinless chicken, lean meats, beans, tofu, seafood, eggs, & low-fat or fat-free dairy.



5

Prepare

Have a good mix of pre-made meals and grab and go options.

Use & Repurpose Leftovers:

Plan to make more food at your evening meals so that you can use or repurpose your leftovers for lunch.

- Use leftover proteins in a wrap or salad.
- Cook extra rice or other grains & create a grain bowl.
- Soups, stews, and pasta dishes often heat up well for lunch leftovers.



Be Ready with Grab & Go Options

Keep convenient grab & go foods on hand that make it easy to pack a lunch when you're in a hurry. Pair a few of these options together when you only have a minute to scan the fridge & pantry before heading out the door:

- **Well Yes![®] POWER Soup Bowls**
Each bowl has 10g or more of protein, a good source of fiber, & is loaded with veggies.
Try these varieties:
 - o Cajun-Style Chicken with Red Beans & Barley
 - o Spiced Chickpea with Spinach & Quinoa
 - o Southwest-Style Chicken with Black Bean, Corn & Farro
 - o Veggie Chili with Black Beans & Whole Grains
- Part-skim String Cheese
- Pre-chopped Vegetables
- Low-fat Yogurt
- Hummus
- Hard-boiled Eggs
- Fresh Fruit
- Whole Grain Crackers
- Single Serve Nut Butter Packs
- *Goldfish[®]* made with Whole Grain Crackers
- *Emerald[®]* Nuts

Shopping List

Produce

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Grape or Cherry Tomatoes |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Bell Peppers |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Baby Spinach | <input type="checkbox"/> Hummus |

Center Aisle Foods

- | | |
|--|---|
| <input type="checkbox"/> <i>Well Yes![®] POWER Soup Bowls</i> | <input type="checkbox"/> Canned Corn |
| <input type="checkbox"/> <i>Emerald[®] Nuts</i> | <input type="checkbox"/> Canned Beans |
| <input type="checkbox"/> <i>Goldfish[®] Baked with Whole Grain Crackers</i> | <input type="checkbox"/> Dried Fruit |
| <input type="checkbox"/> Low Sodium V8 [®] 100% Vegetable Juice | <input type="checkbox"/> Single Serve Nut Butter Packs |
| | <input type="checkbox"/> <i>Pacific Foods[®] Broth</i> |

Grains/Breads

- Quinoa
- Brown Rice
- Pasta (if available, choose a high fiber option)
- Pepperidge Farm[®] Whole Grain Breads*

Dairy

- Low-fat Milk
- Low-fat Mozzarella Cheese
- Low-fat Yogurt

Meat/Protein

- Rotisserie Chicken or Raw Chicken Breast
- Lean Meat
- Frozen Shrimp/Fish
- Canned Chicken or Fish
- Tofu
- Eggs