



# 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 Convenient 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:

- **Pacific Foods® Organic Plant-Based Chilis**  
These delicious chilis provide 6g or more of fiber and protein per serving.  
Try these varieties:
  - o Pacific Foods® Organic Plant-Based Fire Roasted Vegetable Chili
  - o Pacific Foods® Organic Plant-Based Harvest Black Bean Chili
  - o Pacific Foods® Organic Plant-Based White Bean Verde Chili
- Swanson® Chicken Pouches
- Part-skim String Cheese
- Pre-chopped Vegetables
- Yogurt
- Hummus
- Hard-boiled Eggs
- Fresh Fruit
- Whole Grain Crackers
- Single Serve Nut Butter Packs
- Goldfish® made with Whole Grain Crackers
- 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"/> Pacific Foods® Organic Plant-Based Chili  | <input type="checkbox"/> Canned Beans                  |
| <input type="checkbox"/> Nuts                                      | <input type="checkbox"/> Dried Fruit                   |
| <input type="checkbox"/> Goldfish® Baked with Whole Grain Crackers | <input type="checkbox"/> Single Serve Nut Butter Packs |
| <input type="checkbox"/> Low Sodium V8® 100% Vegetable Juice       | <input type="checkbox"/> Canned Chicken or Fish        |
| <input type="checkbox"/> Canned Corn                               | <input type="checkbox"/> Swanson® Chicken Pouches      |

### 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
- Tofu
- Eggs