

Brown Bag Lunch Ideas

Look Forward to Lunch Hour with
5 Days of Healthy Meals

Monday

- 1 CUP BROCCOLI WITH LOW-FAT RANCH
- WHOLE WHEAT PITA CHIPS
- TACO SOUP
- GREEK SALAD
- PITA SANDWICH
- COTTAGE CHEESE (4 OZ.)
- 1 CUP GRAPES
- BABY CARROTS AND HUMMUS

Monday Lunch Total:
499.2 calories
26.4 grams protein
42.9 grams carbs
24.8 grams fat
6.9 grams fiber

Tuesday

- CHICKEN SALAD ON WHOLE WHEAT WRAP
- CAULIFLOWER (1 CUP) WITH RANCH
- MIXED BERRIES (STRAWBERRIES, BLACKBERRIES, RASPBERRIES)
- CHICKEN AND CREAMY CURRY WRAP

Tuesday Lunch Total:
465.7 calories
26.3 grams protein
51.7 grams carbs
20 grams fat
11.2 grams fiber

Wednesday

- MIXED GREEN VEGGIES

Wednesday Lunch Total:
445.3 calories
36.8 grams protein
57.1 grams carbs
9.9 grams fat

Thursday

- SALMON SALAD WITH BLUEBERRIES
- 1 SMALL BANANA

Thursday Lunch Total:
433 calories
24.3 grams protein
60.7 grams carbs
13.5 grams fat
17.5 grams fiber

Friday

Friday Lunch Total:
469.1 calories
30.9 grams protein
53.7 grams carbs
16 grams fat
9.6 grams fiber



Source: https://www.sparkpeople.com/blog/blog.asp?post=brownbagging_made_easy_5_healthy_lunch_ideas

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