

Nutrition Guide & Recipes



Lunch Ideas

- Hearty Salads with Protein
- Heart Healthy Burger
- Meal with Meatballs and Veggies
- Soup and Salad Combo
- Healthier Sandwich Options
- Protein Bowls

“Healthier lunch meals contain more vegetables and a protein source. These meals also require more pre-planning and prep work. To keep up with your healthy meals from the time you wake up and until you fall asleep a little prep work for your lunch and dinner meals will go a long way to helping you reach your nutrition goals. I list some quick prep options in this guide to help aid you for your meal preparation and lead to less time required in the kitchen.” – Michelle Alpiner

Protein Sources

- Chicken, Turkey, Salmon, Tuna, Chickpeas, Tofu, Egg or other lean protein source

Prep Work: Keep it simple with oil, salt and pepper for taste or marinade your protein in a sauce of your choice. Cook them up on the grill, bake, roast, crockpot..etc. Great tip is to pick your protein and prep it up one day and use the protein in various lunch meals throughout the week.

Quick Tip: You can get pre-prepped chicken, meatballs and burgers at the grocery store in the freezer section then cook them up on your prep day in the oven. Keep in mind to check nutrition facts on brands you purchase as some may contain more sodium and additives. Canned salmon and tuna are great protein sources to add to your meals.

Vegetables

- Salad Mixes, Cucumbers, Tomatoes, Mushrooms, Onions, Zucchini, Corn, Carrots, Artichokes, Asparagus, Broccoli, Cauliflower, Squash, Romaine, Kale, Spinach, Cabbage, Celery, Sweet Potatoes

Quick Tip: You can get salad packs, pre-cut veggies or frozen vegetables to aid in quicker prep and combo time with your veggies and meals.

Recipes



Option 1

Chicken Salad

4 ounces of grilled chicken breast
Large green salad made with 2 handfuls of lettuce + 1 cup mixed raw veggies (your choice)
½ avocado, chopped
1 tbsp olive oil + 1 tsp aged balsamic (you can substitute dressing for another of your choice)

Directions

Chop the chicken up and toss into the salad along with the avocado. Enjoy the meal.



Option 2

Heart Healthy Burger

4 oz turkey burger (you can also use veggie burger as an option)
Whole Wheat Bun (other options are lettuce wraps or Large Portobello mushrooms, grilled)
Add your choice of veggies for toppings
1 cup of fresh fruit or vegetables your choice

Directions

Place the cooked turkey burger on top of the Bun, Lettuce or Portobello mushroom. Add additional condiments if desired. Enjoy with fruit or veggies on the side.





Option 3

Turkey Meatballs with Pasta

- 4 oz of Turkey Meatballs
- 1 cup spaghetti squash, chickpea pasta or other of your choice
- ½ cup tomato sauce (no salt added)
- 1 handful of spinach
- 1 tbsp shredded Parmesan cheese
- 1 cup vegetable of choice



Directions

Prepare your Meatballs from recipe you select or pre-prepped package. Cook the spaghetti squash or pasta of your choice according to the instructions. Add the spinach to the hot tomato sauce for a few minutes. Top your pasta choice with the tomato sauce and spinach, meatballs and sprinkle parmesan cheese on top. Roast or prep vegetable of choice and enjoy on side of dish.

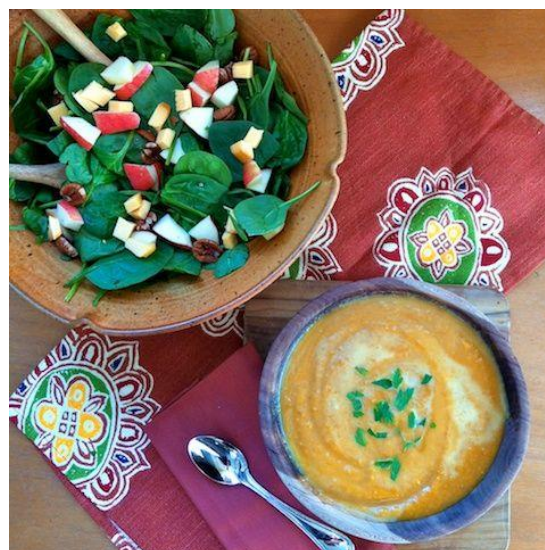
Option 4

Soup and Salad Combo

- 1 cup of Soup
- 1 handful of salad greens of your choice
- 1 cup of toppings of your choice (veggies, avocado, fresh or dried fruits, seeds or nuts)
- 1 tbsp of salad dressing

Directions

Pick a soup of your choice to make from scratch or buy from store pre-made (Be careful not to get a soup with too much cream or sodium – good options are chicken, butternut squash, vegetable, wild rice, lentil, carrot or cabbage based soups) Prep and heat your soup. Toss your toppings with salad greens and dressing. Enjoy.



Option 5

Healthier Sandwich

Protein of choice (tuna, tofu, grilled chicken, egg, grilled veggies)

Whole wheat bread, pita pocket or tortilla

1 tbsp of spread (hummus, avocado, nut butter, sriracha, aioli made with Greek yogurt)

Fruit or Vegetable toppings of choice

1 cup Fresh or Dried Chip Style Fruit or Vegetables



Directions

Add your protein to make a sandwich, pocket or wrap with your choice of spread and toppings. Enjoy your extra fruit or veggies on the side.

Option 6

Protein Bowl

4 oz Grilled Chicken (you can use Tofu, Shrimp or Grilled Veggies as well)

1 cup brown rice (quinoa or other grain base of choice)

½ cup black beans

½ cup avocado

½ cup grilled veggies (corn, tomato, zucchini..etc)

1 tbsp pico de gallo, salsa or vinaigrette

1 cup Fruit

Directions

Add rice and beans. Top with chicken, avocado, veggies and toppings. Enjoy fruit on the side.

