

HEALTHY MENU FOR LUNCH

GRILLED CHICKEN SALAD

Grilled chicken salad is rich in protein and low in fat. Mix with fresh vegetables such as lettuce, spinach, tomatoes and cucumber. Add almonds or sunflower seeds for added texture and nutrition. Serve with a light dressing such as lemon vinaigrette.

QUINOA AND VEGGIE BOWLS

Quinoa is the perfect source of plant based protein for lunch. Add roasted vegetables like broccoli, carrots and bell peppers. Drizzle with a little olive oil and a squeeze of lemon for a fresh, healthy taste.

WHOLE GRAIN PASTA SALAD

Whole wheat pasta salad is a filling lunch option. Use whole wheat pasta, add fresh vegetables such as cherry tomatoes, olives and cucumber. Add feta cheese and vinaigrette sauce for the perfect taste.


GIRLSCONNECT

READY
TO
EAT