

Lunchology™

The Basics of Healthy Lunches

#Brownbagit

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Strawberries and Cream Waffle Sandwich

PREP TIME: 8MIN

Breakfast works for any meal! Spread cream cheese on two leftover waffles from breakfast, then add sliced strawberries for a delicious sandwich.



Pizza Bites

PREP TIME: 12MIN

Who doesn't LOVE cold pizza? Stack two leftover pizza slices together (toppings facing each other) and then cut into 1-inch squares. Heat pizza bites in a nonstick pan with oil until cheese has melted together.



Panzanella Salad

PREP TIME: 10MIN

No need to throw away leftover bread! Take your stale bread and cut into small chunks. Add diced tomatoes, cucumber slices, and chopped red onion, along with a dash of kosher salt and a drizzle of olive oil for an easy and refreshing salad.



Avocado Chicken Salad

PREP TIME: 10MIN

Enjoy the delicious, creamy taste of chicken salad without the added fat of mayo! Shred leftover chicken and mix with cilantro, diced avocado, salt, and pepper. Serve with whole-grain crackers and a side of grapes.

Egg Muffins **PREP TIME: 20MIN**

Make them for breakfast then pack them for lunch! Pour beaten eggs and desired toppings like ham, cheese, chopped spinach, or diced bell pepper into a greased muffin pan. Bake at 350 degrees for 20 minutes.



Hummus and Veggie Wrap **PREP TIME: 8MIN**

Turn sides of veggies into the main attraction! Take any assortment of vegetables from last night's dinner and add them to a whole wheat tortilla with hummus for a delicious and healthy lunch.

Steak Stir Fry

PREP TIME: 12MIN

Everyone will be asking for a bite! Sauté leftover steak in 1 tsp of oil, then add broccoli, peppers, onions, and mushrooms. Add teriyaki sauce and serve with a side of rice or pasta.



BBQ Chicken Quesadillas

PREP TIME: 10MIN

Add some flavor to reinvent leftover chicken! Shred chicken, and mix with barbecue sauce. Add chicken and cheese to a whole wheat tortilla before melting together (stove or microwave).

Deconstructed Tacos

PREP TIME: 10MIN

Perfect for Taco Tuesdays! Send leftover taco fix-ins (meat, lettuce, cheese, beans) in a bento lunch box. Break taco shells in pieces and make mini taco bites.



Easy Fried Rice **PREP TIME: 10MIN**

Don't let leftover rice go to waste! Sauté rice in 1 tsp of sesame oil, then add garlic, carrots, onion, celery, and frozen peas. Add one egg and scramble. Season with pepper, and add soy sauce.

