

In the Kitchen with LiveWELL



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Lunch Ideas



Sweet Peas and Saffron

Contents

Slide 3: Bento Box Style Lunch Ingredients

Slide 4: Bento Box Tips, Tricks,
& Combination Ideas

Slide 5: Mason Jar Salads

Slide 6: Mason Jar Salad Ideas



Bento Box Style Lunch

Meghan Donovan— Atrium Health Greater Charlotte

Vegetables

Baby carrots
Snap peas
Snow peas
Cherry tomatoes
Mushrooms
Mini or sliced:
 Cucumber
 Bell Peppers
Cauliflower
Broccoli
Celery sticks
Radishes
Slices of:
 Endive
 Jicama
 Zucchini

Fruits

Apple or pear slices
Orange wedges
Berries
 Strawberries
 Blueberries
 Blackberries
 Raspberries
Clementine
Grapes
Kiwi slices
Melon cubes or balls
Unsweetened apple sauce
Banana
Pineapple
Apricots
Plums
Cherries
Figs
Dried fruits

Healthy Fats

Avocado cubes
Guacamole
Cheese
Hummus
Nut and seed mix
Nut butter or seed butter

Proteins

Hard boiled eggs
Edamame or tofu
Cottage cheese
Greek yogurt
Lunch meat (chicken, turkey, beef, or ham)
Bacon or turkey bacon
Smoked salmon
Canned fish or chicken
Shrimp cocktail
Beans or Lentils
Leftover chicken

Grains

Plain air popped pop-corn
Whole grain crackers
Unsalted tortilla chips
Whole wheat pita slices
Mini rice cakes
Whole grain cereal
Whole grain pretzels
Pasta

Add-Ons

Dark chocolate
Olives
Pickles
Fruit leather
PBJ on whole grain bread
Dressing or dip
Protein balls

Choose one food from each category to form a quick, easy lunch with foods you enjoy. Get creative and add your favorite foods in each category.

[Click HERE for Video](#)

Bento Box Ideas



Tips and Tricks

- No box, no problem, use greens such as romaine or green leaf lettuce leaves as separators or muffin liners or silicone dividers
- Presentation is everything! use skewers,/food picks, cookie cutters, roll up foods, cut into pinwheels-make it fun!
- Mix shapes & textures
- Use ice packs to transport
- Utilize leftover and packable foods
- Keep it nutritionally balanced
- Include different colors

Combination Ideas

Mexican Inspired Black Beans Tortilla Chips Avocado Bell Peppers Watermelon cubes	Keep It Simple Turkey spinach wraps cut into pinwheels Kiwi slices Cherry tomatoes	Grown Up Lunchables Whole grain crackers Deli Ham Slices of Swiss cheese Apple Slices	Protein Packed Hard boiled eggs Tuna salad Snap peas Cherry tomatoes Cherries	Plant-based Mixed Nuts Dried Berries Hummus stuffed peppers Whole Grain Pretzels
Japanese inspired Brown rice Salmon Edamame Cabbage/carrot salad Plum	Kid Friendly Whole wheat PBJ sandwich Celery slices Popcorn Orange slices	Eat the Rainbow Blueberries & raspberries, Greek Yogurt Broccoli florets Carrot Sticks Yellow Bell Peppers	Charcuterie Prosciutto Mozzarella stick Breadsticks Grapes Radishes	Mediterranean Olives Cucumbers/Carrots/tomatoes Hummus Pita points Apricot

Mason Jar Salads

Great for grab-and-go lunches!

Jill Ashburner-Atrium Health Greater Charlotte



Quick Steps

1. Spoon dressing on the bottom
2. Add a layer of grains and/or protein
3. Layer in everything else
4. Finish with leafy greens
5. Seal and store in the fridge or on ice
6. Shake it up when you're ready to eat!

Picking The Perfect Ingredients

Ingredients That Don't Work Well	Ingredients That Don't Last Very Long	Ingredients That Last Longer
Avocado	Tomatoes	Lettuce
Tortilla strips	Shredded cheese	Shredded carrots
Bacon	Rice	Leafy greens
Nuts	Chicken, beef, shrimp	Onions
Granola	Cucumber	Legumes
	Fresh herbs	Broccoli
		Edamame
		Quinoa

[Click HERE for Video](#)



Mason Jar Salad Ideas

Rainbow Salad Balsamic dressing Quinoa Carrot Snap peas Red onion Yellow bell pepper Red bell pepper	Chef Salad Parmesan dressing Tomatoes Cucumber Ham Turkey Hard boiled egg Cheddar/Swiss cheese Lettuce	Cobb Salad Honey mustard dressing Grape tomatoes Cucumber Corn Chopped carrots Egg Bacon Greens	Buffalo Chicken Blue cheese dressing Shredded chicken tossed w/1 tbsp buffalo sauce Celery Red onion Corn Scallions Lettuce
Tex-Mex Lime cilantro dressing Chicken Onion Tomato Cheese Lettuce	Ranch salad Ranch Chicken Cucumbers Cheese Tomatoes Lettuce	Greek salad Lemon oregano dressing Chickpeas Cucumber Tomatoes Red onion Spinach	Chicken Salad Chicken salad mixture Kale Cranberries Apples Pecans Grapes
Kale Caesar Caesar dressing Tomatoes Cucumbers Chicken Parmesan cheese Quinoa Kale	Caprese Balsamic vinaigrette Mini mozzarella balls Tomatoes Quinoa Red onion Spinach	Green Goddess Green goddess dressing Chickpeas Quinoa Edamame Cucumbers Spinach	Keep It Simple Almond butter dressing Apples Radishes Celery Walnuts Salad greens