

5 easy, healthy lunches for back to school (or work!)



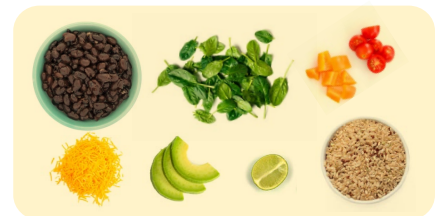
Whether you're packing lunch for your child or yourself, staying healthy when going back to school or the office requires a little bit of extra planning. Here are five easy, packable lunches to help you or your kiddo stay healthy and energized all week long.



If serving recipes to kids under five, modify recipes to make them easier to eat, like cutting up meats, fruits and veggies into bite-sized pieces, packing things individually and skipping the assembly step so they can eat everything by hand. For all recipes, store in the fridge until ready to eat or keep cold with an ice pack.

Monday: meatless Monday burrito bowl

Try this meatless Monday burrito bowl for a healthy and budget-friendly start to the week. It offers plenty of healthy fats, protein and whole grains.



Ingredients

- ½ cup low-sodium black beans, rinsed
- ½ cup brown rice
- ½ cup chopped cherry tomatoes and sweet bell peppers
- Small handful of greens (spinach, mixed greens or romaine)
- 2 Tbsp grated cheddar or pepper jack cheese
- ½ avocado, cut into squares and coated with lime juice (to prevent browning)
- Optional: chopped cilantro, chopped onion, chopped jalapeño, hot sauce

Preparation

Layer the ingredients in a reusable container in the following order, starting from the bottom: cheese, black beans, vegetables, greens, rice. Pack the avocado and any sauces separately. At lunchtime, mix all ingredients together and enjoy.

Calories	Carbs	Fat	Sat. Fat	Protein	Sodium	Fiber
487	58 g	22 g	6 g	19 g	307 mg	20 g

Tuesday: chicken salad wrap

This chicken salad wrap is light on mayo and still full of flavor. For a low-carb option, serve with lettuce wraps or celery sticks. For pickier eaters or kids under 5, pack the ingredients separately, skip the mayo and include whole wheat mini crackers instead of wraps.



Ingredients

- ½ cup cooked chicken breast, cubed (save time and limit sodium by choosing fresh rotisserie chicken from the deli instead of canned chicken breast).
- ½ cup chopped celery
- 1 cup grapes
- 1 Tbsp olive oil mayo (available at most grocery stores)
- 1 whole wheat tortilla

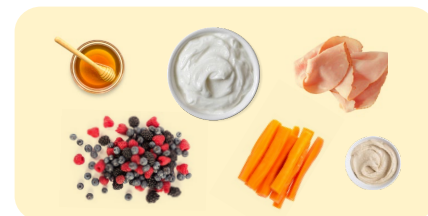
Preparation

Combine chicken, celery, grapes and mayo together and pack in a reusable container. At lunchtime, spoon the chicken mixture into the tortilla and enjoy.

Calories	Carbs	Fat	Sat. Fat	Protein	Sodium	Fiber
560	48 g	21 g	6 g	46 g	494 mg	6 g

Wednesday: easy-peasy protein box

Let's face it—by Wednesday, your week is in full swing, and you may not have a ton of time to prepare lunch. This easy, healthy protein box is quick to prepare and filling. Just assemble ahead of time, grab and go!



Ingredients

- ½ cup plain Greek yogurt
- 1 Tbsp honey
- ½ cup fresh berries (blueberries, raspberries or blackberries)
- 2 medium carrots, chopped into slices
- 4 slices low-sodium deli meat (ham, turkey or chicken breast)
- 2 Tbsp hummus for dipping veggies

Preparation

Layer yogurt, honey and berries together in a single container. Add each additional ingredient to its own container, or to its own section of a segmented container.

Calories	Carbs	Fat	Sat. Fat	Protein	Sodium	Fiber
377	62 g	11 g	4 g	20 g	764 mg	6 g

Thursday: pasta salad

This pasta salad recipe is full of fresh vegetables, crunch and flavor. For pickier eaters, leave out the vinegar and dress only with olive oil and salt and pepper to taste.



Ingredients

- 1 cup precooked whole wheat rotini
- 2 Tbsp crumbled feta or grated parmesan cheese
- 1 cup chopped mixed vegetables (bell pepper, cucumber, olive, cherry tomato)
- 2 tsp red wine vinegar
- 1 Tbsp extra virgin olive oil
- Salt and pepper to taste

Preparation

Mix all ingredients together in a bowl. Store in the fridge until ready to eat.

Calories	Carbs	Fat	Sat. Fat	Protein	Sodium	Fiber
463	62 g	19 g	5 g	15 g	241 mg	12 g

Friday: Make Your Own Pita Pizzas

Everyone loves pizza on Fridays. Use this recipe to create mini pizzas that satisfy that craving but are still full of whole grains. These can be served cold or heated up in a toaster oven or microwave. If you are following a low-sodium diet, skip the pepperoni.



Ingredients

- 3 whole wheat pita pockets, small
- 1/4 cup marinara sauce, packed separately
- 1/2 cup nonfat mozzarella cheese
- 1/2 cup chopped vegetables of choice (peppers, mushrooms, spinach, red onion, olive)
- 5 slices of low-sodium mini pepperoni

Preparation

Pack ingredients separately. At lunchtime, divide the marinara sauce, cheese, veggies and pepperoni evenly between each pita pocket, starting with the marinara sauce and layering each ingredient, pizza style. Enjoy toasted or cold.

Calories	Carbs	Fat	Sat. Fat	Protein	Sodium	Fiber
503	64 g	16 g	5 g	28 g	1,163 mg	12 g

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