

# A LITTLE PREP GOES A LONG WAY

Pack lunches like these to keep you fueled throughout the day

## No time to plan? No problem! Here's a week's worth of nutritious lunch ideas:

### MONDAY

- Low-fat cottage cheese mixed with canned or chopped fresh fruit
- Wheat crackers
- Baby carrots

### TUESDAY

- Flake tuna or salmon on wheat crackers
- Whole fruit
- Pea pods
- Cherry tomatoes

### WEDNESDAY

- Hummus topped with feta cheese
- Sliced peppers for dipping
- Whole fruit

### THURSDAY

- Soft tortilla wrapped around a banana with peanut butter
- String cheese
- Pea pods
- Baby carrots or cherry tomatoes

### FRIDAY

- Tortilla shell filled with black beans, shredded cheese and salsa
- Whole fruit
- Sliced avocado



For more quick, healthy lunch suggestions, make an appointment with your QuadMed wellness professional or provider.