

SIMPLE & HEALTHY *lunch ideas*



Mindful Health

If lunch isn't planned ahead of time, it can be the easiest meal of the day to resort to convenience foods, which are generally junk foods. The vending machine in your office building is just one button away from a quick lunch when you're pressed for time, right?

Luckily, it doesn't take a ton of time to plan meals ahead of time! It only takes a commitment and a few minutes each day. I'm going to share with you some of my favorite ideas for simple, healthy lunches that I plan my meals around.

Here we go...





twist on toast

Although it's not hard to spruce a sandwich up to be fairly healthy, you can make them even more nutritious by substituting any meat and cheese for vegetables of your choice.

You can add things such as spinach, tomato, onion, avocado, and more. Ditch the mayo and use hummus or guacamole.

If you choose to use bread, be sure to choose a healthy, sprouted option, and a gluten-free option if needed.



a simple salad

Ditch those heavy salads drenched in Ranch dressing and create your own salad made up entirely of raw vegetables. Pair it with a simple dressing like oil & apple cider vinegar with fresh herbs.

Some great in-season veggies to toss in your salads include:

- Beets
- Radish
- Tomatoes
- Cucumber
- Bell Peppers



wraps

These are quite simple to make and easy to transport as a lunch. Toss all of your healthy ingredients into a sprouted tortilla or even a lettuce leaf as a wrap. Enjoy it as a simple wrap with a side of your favorite fruit, or spice it up and create your wrap into a pinwheel.

Pinwheels are made by rolling your ingredients in the tortilla and cutting it into bite-sized slices. Another option is to use thinly sliced zucchini as an alternative tortilla option for pinwheels. Use fewer ingredients than wraps to create an easier-to-eat and less messy pinwheel.



veggie sushi

Have you ever tried to make your own sushi? It's a lot of fun and actually quite simple. There are loads of tutorial videos online, so give it a quick search one weekend when you have some free time to experiment.

Regardless if it's homemade or purchased at a grocery store, veggie sushi is a great, light lunch that is quick and easy.

If available, try sushi with brown rice or even quinoa instead of white rice. Enjoy!

a lunch system

Sometimes it's a struggle to get back into the groove of making lunches every day, and often you can hardly think of anything other than a sandwich to make.

I know exactly what it's like to have your mind go blank when trying to be creative with lunches, so here are a few options in each category (main dish, veggies, fruit, etc.) to choose from, so you can create many lunches to come!



main dishes

Zucchini & Carrot Muffins

Pasta with Olive Oil & Pesto

Mayo-free Egg Salad

Zucchini boats

fruit options

Apple

Banana

Orange

Peach

Grapes

Pineapple

veggie options

Broccoli

Carrot & Celery Sticks

Cherry Tomatoes

Bell Pepper

Green Beans

Cucumber

miscellaneous

Hummus for Veggies

Trail Mix

Protein Balls

Popcorn

Lara bar



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CERTIFIED INTEGRATIVE HEALTH COACH +
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