



# HEALTHY LUNCH MEAL PLANNER

 <b>HEALTHY LUNCH MEAL PLANNER</b>		MONDAY		TUESDAY	
		Grain		Grain	
		Protein		Protein	
		Fruit/Veg		Fruit/Veg	
		Snack		Snack	
		Dessert		Dessert	
WEDNESDAY		THURSDAY		FRIDAY	
Grain		Grain		Grain	
Protein		Protein		Protein	
Fruit/Veg		Fruit/Veg		Fruit/Veg	
Snack		Snack		Snack	
Dessert		Dessert		Dessert	



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		Grain	Whole wheat tortilla wrap	Grain	Pita Pizza
		Protein	Turkey breast and mustard	Protein	Chicken leftovers with pizza seasoning
		Fruit/Veg	Spinach, tomatoes (separate from wrap)	Fruit/Veg	Tomato/Pizza sauce, tomatoes, green peppers
		Snack	Salsa and tortilla chips	Snack	Homemade trail mix: raisins, nuts, Fibre 1 cereal, chocolate chips
		Dessert	Reduced fat graham crackers, banana and peanut butter (or cream cheese and strawberries)	Dessert	Fruit kebabs (strawberry, grapes, melon, apple on a skewer)
WEDNESDAY		THURSDAY		FRIDAY	
Grain	Leftover pasta	Grain	English Muffin Sandwich	Grain	Pasta Shell Kebab
Protein	Lean ground beef	Protein	Egg, sliced ham, reduced fat cheese	Protein	Cubed ham or deli slices
Fruit/Veg	Onions, mushrooms, carrots, broccoli	Fruit/Veg	Spinach or tomato	Fruit/Veg	Cubed cucumber, cherry tomatoes
Snack	Celery and carrot sticks with hummus	Snack	Homemade cookies/muffin	Snack	Frozen 100% fruit juicebox popsicle
Dessert	Yogurt and fruit with granola	Dessert	Rice cakes/Low-sodium Triscuit and Cheese	Dessert	Apples slices and banana (with peanut butter)