

# Lunchable and Snack Ideas

Healthier foods and prep options for on-the-go lifestyles

**The benefits:** Preparing for the week ahead will ensure that you are providing yourself and/or your family with healthier food options when you are short on time.

## DIY lunchable or snack boxes:

Eating well doesn't need to be complicated. Having the right ingredients on hand that are easy to prepare or grab on the go can save money and reduce the need for fast food. Reusable containers with compartments will help keep wet or dry items separate; if you don't have containers with compartments, try reusable or paper cupcake liners. Build your lunchable or snack box using a combination of fresh ingredients (see examples below). Make sure to adjust the **servicing sizes** for each lunchable or snack box based on the needs of the individual's physical activity level, gender, age, height, and weight.

Proteins	Fruits and Vegetables	Carbohydrates	Sides
<ul style="list-style-type: none"> <li>• Rolled deli meat</li> <li>• Diced cooked chicken, turkey or ham</li> <li>• Sliced pepperoni</li> <li>• Hard-boiled eggs</li> <li>• Almond, cashew, peanut, nut butter</li> <li>• Cheese cubed, string, or sliced any variety</li> <li>• Trail mix</li> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Apple slices or sauce</li> <li>• Avocado</li> <li>• Oranges or clementines</li> <li>• Grapes</li> <li>• Berries</li> <li>• Carrots</li> <li>• Olives</li> <li>• Celery sticks</li> <li>• Pepper slices</li> <li>• Cucumber slices</li> <li>• Grape tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Whole-grain crackers</li> <li>• Whole-grain tortillas</li> <li>• Whole-grain bread or Sandwich thins bread</li> <li>• Mini bagels</li> <li>• Pita wedges</li> <li>• Pretzels</li> <li>• Veggie straws</li> <li>• Goldfish</li> <li>• Tortilla chips</li> <li>• Rice cakes</li> </ul>	<ul style="list-style-type: none"> <li>• Hummus*</li> <li>• Guacamole</li> <li>• Cream cheese</li> <li>• Pizza sauce</li> <li>• Ranch</li> <li>• BBQ sauce</li> <li>• Ketchup</li> <li>• Mustard</li> </ul>

\*Also considered a source of protein

## Lunchable recipes

### Sausage brunchable

**Ingredients:**

- Strawberries
- Yogurt or Greek yogurt
- Mini Pancakes
- Sausage patties
- Cheese slices

**Instructions:**

Layer mini pancakes, sausage, and cheese. Place a toothpick in the center of the pancake to hold it together.



### Mini waffle sandwiches with berries

**Ingredients:**

- Mini waffles
- Whipped cream cheese
- Strawberries
- Almonds or nuts of your choice
- Mixed berries or sliced fruit

**Instructions:**

Toast the waffles, then spread the whipped cream cheese on each waffle and top with strawberries. Add fruit and nuts.



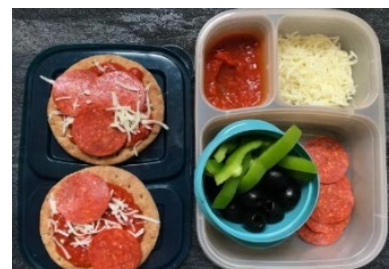
### Pizza lunchable

#### Ingredients:

- Sandwich thin
- Pizza sauce
- Mozzarella cheese
- Pepperoni
- Toppings (e.g., mushrooms, olives, peppers, etc.)

#### Instructions:

Toast the waffles, then spread the whipped cream cheese on each waffle and top with strawberries. Add fruit and nuts.



### Turkey and cheese lunchable

#### Ingredients:

- Sliced deli turkey, rolled
- Cheese slices
- Whole-grain crackers
- Hard-boiled egg
- Grapes
- Guacamole
- Pretzel sticks

#### Instructions:

Assemble the lunchbox with all ingredients, and use cupcake liners or small containers to keep items separate to avoid sogginess.



### Nacho lunchable

#### Ingredients:

- Multigrain tortilla chips
- Low-sodium black beans, drained and rinsed
- Iceberg lettuce, shredded
- Shredded cheese
- Cherry tomatoes, halved
- Guacamole

#### Instructions:

In separate compartments or with muffin cups for your dividers add tortilla chips, black beans, lettuce, cheese, tomatoes, and guacamole. Serve with grapes or apple slices.



### Protein snack packs

#### Snack pack one

- Hard-boiled egg
- Peanut butter
- Whole wheat crackers
- Grapes
- Cubed or string cheese
- Celery or carrots



#### Snack pack two

- Beef or turkey snack bites
- Cheese slices
- Berries or grapes
- Peppers or carrots
- Whole wheat crackers



#### Snack pack three

- Cubed ham or turkey
- Cheese, yogurt, or Greek yogurt
- Almonds, cashews, or nuts of your choice



#### Snack pack four

- Olives or cherry tomatoes
- Almonds or cashews, or nuts of your choice
- Grapes or berries, popcorn or veggie straws



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