

LUNCH FOR A WEEK



MONDAY

HOMEMADE LUNCHABLES

- sliced vegetables
- cut up cheese
- crackers
- hummus or dip of your choice
- boiled egg

TUESDAY

QUESADILLAS

- tortilla
 - shredded/sliced cheese
 - leftover chicken
 - vegetables of your choice
- Cook in a pan 4-6 minutes/side

WEDNESDAY

TUNA SALAD

- can of tuna
- mayonaise/olive oil/ greek yogurt
- little cubbed cucumber and celery
- salt & pepper
- eat in a sandwich, on its own, or with crackers!

THURSDAY

VEGETABLE SALAD

- chop up a few different vegetables (peppers, carrots, cucumber, celery, lettuce, olives, broccoli, etc)
- add in cubed or crumbled cheese
- mix in a dressing of your choice

FRIDAY

USE YOUR LEFTOVERS

- leftover chicken breast? slice it up and eat it over a salad or in a wrap
- leftover stir fry with rice? wrap it up in a tortilla for a burrito

TIP: portion out your leftovers after cooking to have easy lunches to grab on the go!