



FIVE EASY LUNCHES

FOR BUSY ADULTS AND KIDS

Making lunches that are easy and healthy doesn't have to be time consuming. In fact, using this simple template, you can reduce the time you spend making lunch, reduce food waste, and eat a satisfying and healthy meal.

Step 1: Choose a protein

Step 2: Choose at least 2 vegetables

Step 3: Choose 1 fruit

Step 4: Pick a *moderation* food (optional)

WHAT'S A MODERATION FOOD?

A moderation food, as defined by the Primal Blueprint, means limit your consumption of these items: dark chocolate (85% or greater), full fat dairy, fruits and nutritious carbs.

These foods are not meant to be consumed in large amounts or at every meal. See the Food Pyramid on the next page.

Protein:

- Steak
- Roast chicken
- Beef jerky
- Canned fish (salmon, sardines, tuna)
- Hard boiled eggs
- Leftovers from last night's dinner

Fruit (optional):

- Apples
- Pears
- Melons
- Berries (in season)
- Green tipped banana (these are less sweet than fully ripe)

Vegetables:

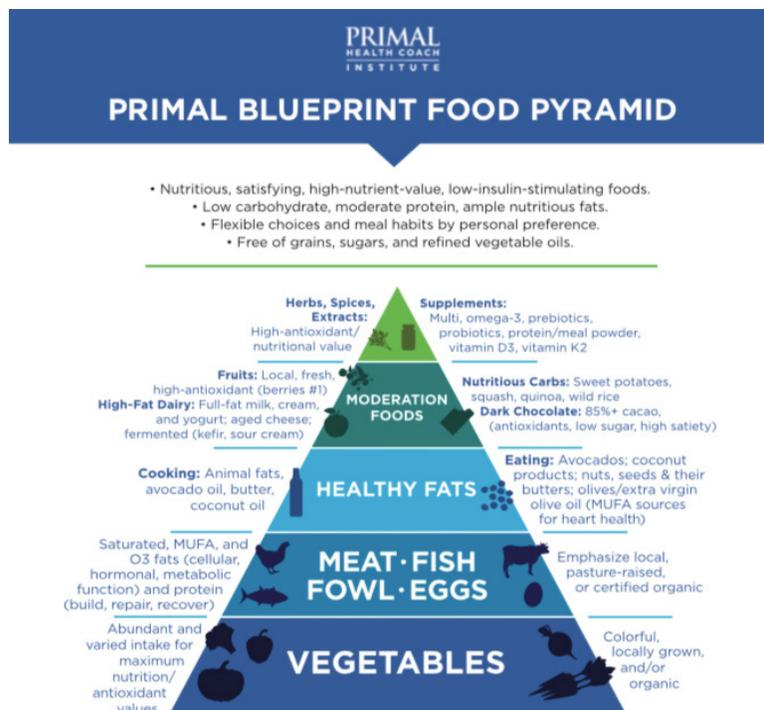
- Cherry tomatoes
- Cucumbers
- Peppers
- Carrots
- Celery
- Jicama
- Radishes
- Olives

Moderation foods:

- Rice crackers or other gluten-free crackers of your choice
- Healthy fats like Avocado
- Nuts or seeds
- Full fat dairy
- Dips like hummus or guacamole
- Salad dressing made with avocado oil, like Primal Kitchen.

Of course, if you have leftovers, heat those up in the morning and place in your thermos (or if you have access to a microwave, put them into a microwave safe dish - preferably glass).

There are many more options for all categories listed above - these are just to get you started. Here is the Primal Blueprint Food Pyramid to give you some additional ideas!



HOW MUCH & WHAT TO PACK

Your protein should be about the size (thickness and diameter) of your hand. If you are packing lunches for others, use their palm. For active and growing kids, you'll likely want to add a bit more - each child is different so you may find some days they are coming home hungry. In that case, add a bit more the next day or include an extra healthy snack, like an EPIC bar.

For vegetables, imagine a plate, and fill the rest of your container with vegetables. Add a fruit (if you like) or another vegetable and one moderation item, like salad dressing or dip. And there it is: lunch.

With this method is that you can mix and match vegetables and fruit to suit the tastes of a variety of people while ensuring they are eating whole and nutritious foods.

But what about dairy? I've intentionally left dairy off the list as many people have trouble digesting it. If it doesn't affect you, then add it as a moderation food. If you like to include yogurt in your lunch, be sure to read the label. Many brands contain significant amounts of sugar in one serving.

For some inspiration to get you started, here are five lunch ideas below:

- Chicken Caesar Salad: roast chicken, romaine lettuce, red onion, Primal Kitchen Caesar dressing; blueberries, peppers and guacamole
- Ham roll ups: ham, pepper slices, cheese/cream cheese; cucumbers, jicama, olives, cherry tomatoes, hummus/guacamole, orange and nuts
- Big Salad: canned salmon (with Primal Kitchen mayo and green onion), romaine lettuce, pepper and cucumber slices, plus apple and peanut butter
- Hard boiled eggs, ham slices, guacamole, cucumber plus an EPIC or RX bar
- Lettuce wraps: ground beef, kimchi or pickled carrots; blueberries, and small handful of nuts.

I hope this helped get you started on the path to healthy, delicious and nutritious lunches. Send me a note on Instagram with pictures of your lunches!