RETURN TO WORK: CREATIVE LUNCH IDEAS

BARBARA OLDHAM, RD, LD
EATING/DRINKING ON THE GO

• Invest in an insulated, soft-sided lunch bag and ice packs
  – Consider getting a large one so you can fit multiple water bottles, snacks, and lunch (examples on next slide)

• Do you have reusable water bottles?
  – Consider purchasing disposable ones to freeze and include in your lunch bag (or freeze a reusable one halfway full with no lid)

• Preparation/planning is key!
LUNCH BOXES

- Lunchbox #1
- Lunchbox #2
- Lunchbox #3
- Ice Packs
- Bentgo Kids Lunchbox
- Bentgo Classic
- Stainless Steel Bento Box
BREAKFAST

- Within 1-2 hours of waking up
- What do you eat that makes you feel your best?
- Choose a food from each macronutrient group:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>Nuts/nut butters&lt;br&gt;Eggs and other poultry&lt;br&gt;Meat&lt;br&gt;Dairy (cheese, cow’s milk, yogurt)&lt;br&gt;Dairy alternatives (soy milk)&lt;br&gt;Tofu, edamame, quinoa</td>
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<tr>
<td>Carbohydrate</td>
<td>Grains, starchy vegetables (potatoes, peas, beans, squash, corn), fruit, milk/yogurt</td>
</tr>
<tr>
<td>Fat</td>
<td>Butter/oil, cream cheese, nuts/nut butters, avocado, regular fat milks</td>
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</tbody>
</table>
ON THE GO BREAKFASTS

- Smoothies (try make-ahead smoothie packs)
- Overnight Oats
- Egg muffins + Baked Oatmeal muffins
- Peanut Butter Banana Roll-Up or Waffle Sandwich
- Energy Bites + fruit
- Granola bar + fruit + hard-boiled egg
- Yogurt Parfait (w/ fruit and granola)
- Baked Oatmeal
LUNCH/DINNER: PLATE/TUPPERWARE METHOD
ON THE GO LUNCHES (IF NO MICROWAVE)

- “Adult Lunchables” – endless combos: deli meat, crackers, cheese, apple, carrot sticks; quinoa fruit salad, hummus with carrots and pita chips, edamame.
- Chicken Salad or Egg Salad sandwich w/ side salad
- Mediterranean Chickpea Salad w/ Pita Bread
- Peanut Butter & Jelly w/ apple, carrots, and yogurt
- Salads (be sure to think about all the food groups!)
- Sandwiches w/ Sides
- Yogurt Parfait
- Chicken Caesar Pitas – add veggies and fruit on side.
- Pita bread with hummus, vegetables, and feta cheese – include fruit and/or yogurt as a side.
- Turkey roll-up (tortilla, turkey, cheese, desired sauces, veggie toppings) – veggies and fruit on side
- Cool Ranch Pitas/Tacos
- Caprese Pasta Salad
- Spring Rolls with Dipping Sauce
WHAT SHOULD MY SNACKS INCLUDE?

• 2 food groups (including protein) – ideally carbohydrate + protein and/or fat + produce
• Incorporate food groups you miss at meals
SNACK IDEAS

• Pita chips and baby carrots + hummus
• Energy bites w/ fruit
• String cheese + fruit
• Yogurt with granola and fruit
• Apple or banana with peanut butter
• Hard boiled egg + produce item
• Edamame

• Nuts + fruit (trail mix)
• Half PB&J
• Popcorn + produce
• Pretzels and nut butter
• Granola bar + fruit
• Quinoa fruit salad
• Tuna packet and crackers
### SNACK ON THAT

Pick one component from each column to make a complete snack

<table>
<thead>
<tr>
<th>Cottage cheese</th>
<th>Pita bread</th>
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</thead>
<tbody>
<tr>
<td>String cheese</td>
<td>Pretzels</td>
</tr>
<tr>
<td>Hard boiled egg</td>
<td>Orange</td>
</tr>
<tr>
<td>Tuna packet</td>
<td>Banana</td>
</tr>
<tr>
<td>Turkey rollup</td>
<td>Grapes</td>
</tr>
<tr>
<td>Greek yogurt</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Nut butters</td>
<td>Blueberries</td>
</tr>
<tr>
<td>Edamame</td>
<td>Pita chips</td>
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<tr>
<td>Protein balls</td>
<td>Granola</td>
</tr>
<tr>
<td>Beef jerky</td>
<td>Crackers</td>
</tr>
<tr>
<td>Almonds</td>
<td>English muffin</td>
</tr>
<tr>
<td>Cashews</td>
<td>Rice cakes</td>
</tr>
<tr>
<td>Pistachios</td>
<td>Cucumber</td>
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<tr>
<td>Hummus</td>
<td>Carrots</td>
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<tr>
<td>Avocado</td>
<td>Celery</td>
</tr>
<tr>
<td></td>
<td>Raisins/craisins</td>
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</tbody>
</table>
QUESTIONS?
ADDITIONAL RESOURCES

• Well-being Portal
• Daily USG Events
• KSU Virtual Programs
• Employee Assistance Program