

Easy Healthy Lunch Ideas for Busy Days

Grilled Chicken Salad with Avocado

Ingredients: Grilled chicken breast, mixed greens, avocado, cherry tomatoes, olive oil, lemon juice.

Instructions: Grill chicken. Mix vegetables. Add chicken. Drizzle oil and lemon.

Quinoa Bowl with Vegetables and Beans

Ingredients: Cooked quinoa, black beans, vegetables, olive oil.

Instructions: Cook quinoa. Saute vegetables. Add beans. Mix and serve.

Whole Grain Sandwich with Lean Protein

Ingredients: Whole grain bread, chicken/tofu, vegetables, yogurt or hummus.

Instructions: Toast bread. Add spread, protein, veggies. Assemble.

Rice Bowl with Veggies and Tofu

Ingredients: Brown rice, tofu, vegetables, olive oil.

Instructions: Cook tofu. Saute veggies. Add rice. Mix together.

Meal	Calories	Protein	Carbs	Fats	Fiber
Chicken Salad	350	30g	12g	18g	6g
Quinoa Bowl	400	15g	55g	12g	10g
Sandwich	320	22g	35g	10g	7g
Rice Bowl	380	18g	50g	11g	8g