

## main meal options

**Pick ONE of these:**

- Coconut butter and jam or raw honey sandwich or roll ups using wraps
- Nut butter or seed butter and jam or raw honey sandwich or roll ups using wraps
- Tuna salad (or could use canned salmon) - can serve this as a sandwich, wrap, in a bell pepper cup, or as a dip with crackers or veggie sticks.
- Egg salad - can serve this as a sandwich, wrap, in a bell pepper cup, or as a dip with crackers or veggie sticks.
- Chicken salad - can serve this as a sandwich, wrap, in a bell pepper cup, or as a dip with crackers or veggie sticks.
- Hummus and veggies wrapped in a pita or wrap

**OR Pick TWO of these:**

- Hard boiled eggs
- Breakfast cookies (Here are a few to stash away in the freezer! Lemon Breakfast Cookie, Molasses Protein Breakfast Cookie, The Ultimate Breakfast Cookie)
- Guacamole & crackers or tortilla chips
- Yogurt with granola (Here are some easy homemade granola that stashes away in the pantry well: Grain Free Apple Cinnamon Granola, Simple Cinnamon Granola, Strawberry Quinoa Granola)
- Granola chunks or easy trail mix with raw cheese or coconut flakes or coconut butter. For trail mix I just take a handful of whatever nuts/seeds I have on hand and mix it up with raisins or other dried fruit.
- Olives (not a "main meal" but goes well with any of the options in this section as an added real food fat)
- Avocado (not a "main meal" but goes well with any of the options in this section as an added real food fat)

## veggie options

**\*Pick as many as you like to fill the veggie section of your lunch container!\***

- Carrot sticks or rounds (rainbow carrots are fun too!)
- Celery sticks
- Broccoli florets
- Cauliflower florets
- Cucumber rounds or sticks
- Radish slices
- Cherry tomatoes
- Zucchini sticks
- Sugar peas
- Bell peppers of all colors

**\*Dip Options to add real fats for nourishment and digestive aide for the veggies\***

- 5 Minute Ranch
- Cream Cheese
- Hummus
- Sour Cream
- Herbed Olive Oil (just whisk sea salt and herbs into the oil)
- Coconut butter
- Olives (not a dip but a great fat that goes well with veggies)
- Raw Cheese (not a dip but a great fat that goes well with veggies)

**Other veggie sides to try!**

- Salads with quick homemade dressings (try some of these!) Can add hard boiled egg or nuts/seeds to the salad too!
- Coleslaw
- Ferments such as pickles, sauerkraut, dilly beans, or fermented carrots. Either homemade or check out Bubbies brand at your health food store if you are just getting started!
- Beet Slaw
- Summer cucumber chunks with cherry tomatoes and olive oil with sea salt
- Peas from the freezer thaw out by lunch time - drizzle olive oil and sea salt
- Cucumber "Sandwiches" using cream cheese in between rounds
- "Ants On A Log" (celery sticks with nut, seed, or coconut butter down the middle and dried fruit sticking to the butter!)

## fruit options

**\*Whatever is in season! Pick one or two to fill the fruit section of your lunch container!\***

- Berries (strawberries, blueberries, raspberries, blackberries, etc)
- Grapes
- Apples (if cutting them, put cinnamon on the flesh to keep them from browning)
- Pears (use the same cinnamon trick as the apples!)
- Cherries
- Peaches/Nectarines
- Melon/watermelon slices or chunks
- Mango chunks
- Pineapple chunks
- Banana (best kept in the peel so they don't brown)
- Dates, Larabars, or homemade Larabars (I count larabars as more of a fruit even though there are nuts mixed in as they are mostly composed of the dates)