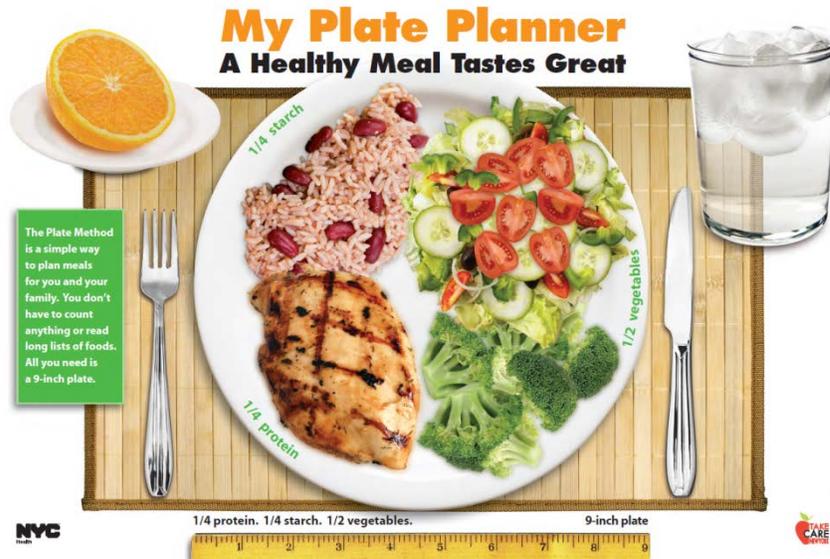


## Build an Acrobatic Lunch!

Use lunch as an opportunity to recharge with nutritious meal whether you brown bag, pick up or dine out. Take these 4 simple steps to plan an acrobatic {BALANCED} lunch!



### Step 1: Choose a fruit or vegetable, or both!

*\*Fruits and vegetables provide essential nutrients (ie: vitamins A and C) and promote weight control and overall health!*

*\*Go for 1-2 colorful cups or fill ½ your plate with fruits and veg!*

- Side salad: mixed greens, spinach, kale, tomato, cucumber, peppers...
- Crudité side: baby carrots, sugar snap peas, sliced peppers, cherry tomatoes, celery...
- Veg to pile on to sandwiches: mixed greens, baby spinach, sliced cucumber and tomatoes
- Steamed or roasted veg side: broccoli, cauliflower, brussel sprouts, eggplant, asparagus...
- Whole fruit for “dessert”: apple, orange, pear, berries, fresh cut melon or pineapple...

### Step 2: Add a whole grain, or starchy veg!

*\*Rich in fiber, these carbohydrate foods help maintain energy levels and promote bowel and heart health!*

*\*Choose one of the following carbohydrate foods:*

- Whole grains: brown rice, quinoa, barley, faro, wild rice...
- Foods made from whole grains: 100% whole wheat or whole grain bread, pasta or crackers
- Starchy vegetables: corn, peas, potato, sweet potato, yam, butternut or acorn squash, plantains...

### Step 3: Go for lean or plant-based protein!

*\*Protein foods pack many essential nutrients (ie: B6, iron and zinc) and are the building blocks for bone, muscles and blood!*

*\*Choose one of the following protein sources:*

- Meat: Skinless poultry, chicken, turkey or beef burger
- Seafood: canned tuna (or in pouch), other grilled/baked seafood (salmon, cod, shrimp, etc)
- Legumes: beans, lentils, chickpeas, hummus
- Whole soy foods: edamame or tofu
- Nuts and seeds: nut butter or tahini
- Dairy: mozzarella, Swiss cheese, feta

### Step 4: Choose healthy fats, in moderation!

*\*Healthy, or plant based, fats and oils aid in nutrient absorption, boost satiety and do not raise “bad” LDL cholesterol like other fat sources!*

*\*Sprinkle or drizzle on 1-2 the following fat sources:*

- Plant based oils {ie: olive or canola oil} or vinaigrettes made from these
- Nuts and seeds: slivered or sliced almonds, walnuts, pumpkin or sunflower seeds...
- Avocado

\*Note: serving sizes are suggested and vary based on age, weight, height and physical activity.

## Acrobat Lunch Ideas:

Try these acrobatic {BALANCED} meal ideas whether you brown bag, pick up or dine out!

### Brown Bag Lunches

*\*Quick-prep meal ideas using nutritious kitchen staples and convenience foods*



- **Hot Lunch bowl:** ½- ¾ cup cooked quinoa or brown rice, 1 cup frozen broccoli, ½ cup frozen shelled edamame (or cooked shredded chicken) and 2 tablespoons teriyaki sauce in a microwave safe container; heat in microwave for 2-3 minutes when ready to eat
- **Tuna Pita Pocket:** 3 oz can tuna, drained and mixed with 2 tablespoons each chopped celery stalk and onion, 1 teaspoon each mayo, mustard and lemon juice in whole wheat pita + 1 cup baby carrots and celery sticks + 1 green apple
- **Veggie Taco Salad:** 2 cups mixed greens (ie: baby spinach), ½ cup thawed frozen corn, ½ - ¾ cup black beans, ½ avocado, 2 tablespoons lime juice + 1 teaspoon olive oil; optional cheddar cheese sprinkle (~2 tablespoons)

### Pick-Up Meals

*\*Nutrient rich meals from quick-serve restaurants and cafes*



- **Soup n' Salad Combo:** 1 cup lentil soup + Greek salad (dressing on the side), orange for dessert
- **Chopped Salad Bar Meal:** kale, broccoli, tomato, carrots, chickpeas, grilled chicken, parmesan cheese, balsamic vinegar and *drizzle* of olive oil
- **Deli Hummus Sandwich:** toasted whole grain bread with hummus, sprouts, lettuce, tomato, avocado and red onion
- **Steamed Chinese Take-Out:** steamed shrimp (or tofu) with mixed vegetables and brown rice; add 2 tablespoons of your favorite sauce
- **Middle Eastern Lunch Plate:** Falafel, hummus, chopped salad and ½-1 pita

### Dine Out Plates

*\*Casual dining meals offering a nutritional edge*



- **Sushi Lunch Special:** 1 roll salmon avocado, steamed edamame and side salad with dressing served on side
- **Standard Burger Meal:** Open face turkey or veggie burger with side salad (swapped for fries)
- **Diner Omelet:** 2 egg omelet with mushrooms, tomatoes and onions, 1 slice wheat toast, side of fresh fruit or side salad
- **Greek Lunch Plate:** Chicken gyro platter with salad and ½ pita; swap side potatoes for side of steamed vegetables

\*Note: serving sizes are suggested and vary based on age, weight, height and physical activity.