

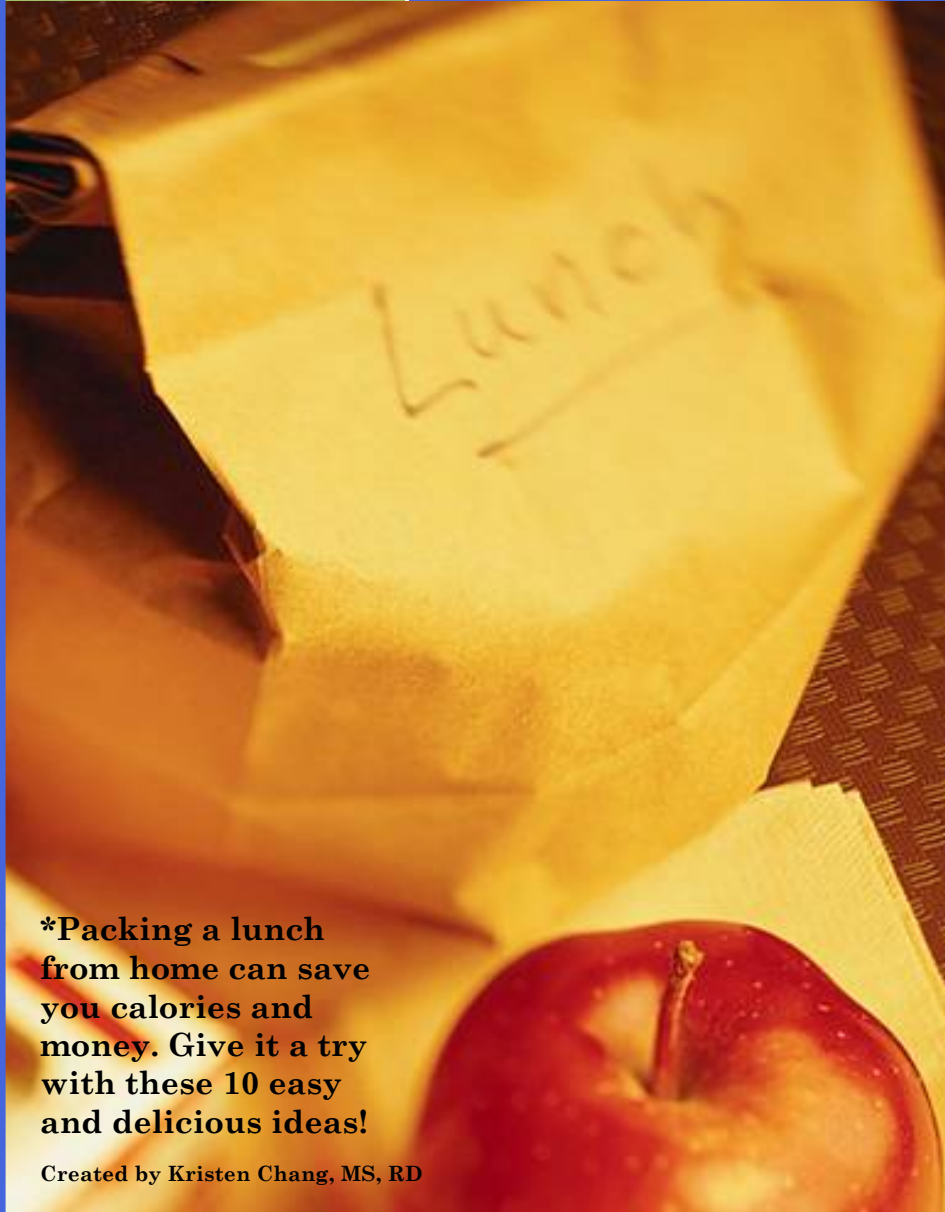


Quick & Easy

Moore's Electrical & Mechanical –
Wellness & Safety Fair

Brown Bag Lunches

For Healthy Eating on the Go



***Packing a lunch from home can save you calories and money. Give it a try with these 10 easy and delicious ideas!**

Created by Kristen Chang, MS, RD

1) Egg & Cheese Bagel

Top a whole grain bagel with scrambled egg, cheese, lettuce, tomato and mustard.

2) Pasta Salad

Try mixing whole grain pasta spirals with feta cheese, edamame, black beans, 1 tbsp olive oil and black pepper.

3) Cobb Salad

Top a bed of fresh spinach with 2 hard-boiled eggs, grilled chicken strips, feta cheese, avocado and tomato. Best with low-fat ranch, in moderation!

4) Wrap It Up

Fill a whole-wheat tortilla with spicy hummus, tomato, shredded carrot, diced onion and avocado.

5) Cheddar & Apple Sandwich

Sliced apple, cheddar cheese and mustard make for a unique but delicious pairing! Best between 2 piece of hearty whole-grain bread.

6) Bean Burrito

Fill a whole grain wrap with brown rice, cooked black beans, sautéed onions and peppers, avocado and cheese.

7) Avocado Egg Salad

Mash boiled eggs with avocado & plain greek yogurt for a protein-packed lunch. Eat as a sandwich, wrap or over salad greens.

8) Pita Pocket

Fill with lettuce and grilled chicken, chicken-apple-grape salad or tuna salad. The possibilities are endless!

9) Smoothie

Mix milk with chocolate protein powder, 1 tbsp cocoa powder, frozen banana & 1 tbsp PB. Feeling ambitious? Add a handful of spinach.

10) Veggie Burger

Instead of greasy fast food, give Morningstar® Veggie Burgers a shot—pair with a whole grain bun and plenty of veggies.