



Lunch Ideas- be sure to add fruit and vegetables to your meal!

- **SALADS**

- **Mixed salad greens and vinaigrette topped with:**
Black beans, garbanzo beans, edamame, dried soy beans, or tofu; nuts; seeds; avocado
- **Bean based salads:**
Three-bean salad, chickpea, lentil, or black bean and corn salads
- **Grain based salads:**
Noodle, couscous, bulgur or rice salads

- **SANDWICHES AND WRAPS**

- Stir fried vegetables, such as peppers, with hummus, grated carrots, sprouts and cucumbers in a whole wheat tortilla
- Black bean and sweet potato burrito
- Black beans, salsa, and greens wrapped in a tortilla
- Peanut butter and banana on whole grain bread
- Chickpea salad sandwich
- Eggless salad sandwich
- Sloppy Lentils on whole wheat bread

- **SOUPS**

- Legume based soups: black bean, chili, lentil, minestrone, split pea
- Vegetable based soups

- **PLANNED LEFTOVERS**

- Make enough the night before to bring leftovers in your lunch
- Make a large batch of your favorite recipe on your day off to bring for lunches. Use your crockpot!