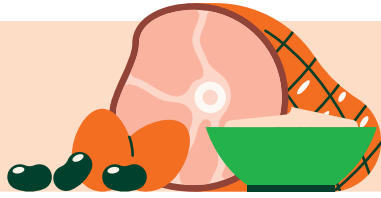


How to Create a Healthy Lunch

Choose at least one from each category

Protein



- Chicken
- Turkey
- Ham
- Eggs
- Beans
- Hummus

Fruit



- Apple
- Strawberries
- Banana
- Watermelon
- Grapes
- Pineapple

Grains



- Bread
- Rice
- Pasta
- Quinoa
- Whole-grain crackers
- Corn

Vegetables



- Carrots
- Celery
- Bell peppers
- Lettuce
- Cucumber
- Broccoli

Dairy



- Milk
- Cheese
- Yogurt