

HEALTHY FOOD BOXES

Packing a healthy food box each day for work can offer tremendous benefits versus purchasing food or eating on the run. If your goal is to eat well and save money, then spending the extra five minutes or so that it takes to pack a food box is well worth it. And with a bit of planning, you can pack enough food to nourish and sustain you throughout the day.

WONDERFUL WRAPS

Purchase a healthy low-carb tortilla or Ezekiel sprouted grain tortilla. Stuff full of hummus, avocado, sliced tomatoes and a huge handful or two of mixed greens or other sandwich/wrap fillings. For sandwiches choose healthy 100% whole wheat or sprouted grain bread. Have fun with various fillings:

- Sliced apple with peanut butter and celery
- Light cream cheese, walnuts, raisins, grated carrot and mixed greens
- Light cream cheese mixed with crushed pineapple or dried cranberries with a generous handful of alfalfa sprouts
- Deli turkey or ham (choose low sodium), low-fat cheese, mustard, tomato and romaine lettuce
- Egg or tuna salad mixed with light mayo, served with romaine lettuce and mustard
- Mock tuna salad – in a food processor pulse garbanzo beans with light mayo and pickles
- Olive tapenade, roasted red pepper, grilled zucchini, hummus, feta cheese, and lettuce



TRAIL MIX

Make your own by buying in bulk and mixing together a variety of nuts, seeds, and dried fruit. Try a tropical mix of dried pineapple and banana, cashews, almonds and coconut flakes. Or go fall harvest style with pumpkin seeds, dried cranberries, almonds and pecans. Add in a favorite dried high fiber cereal such as All-Bran, Puffins or Shredded Wheat for added crunch and nutrition.



WELLNESS COUNCIL OF ARIZONA
(520) 293-3369 | CONTACT@WELCOAZ.ORG

SUPER SNACK IDEAS

- Fresh fruit: The best natural snack ever. Go for apples, pears, berries, grapes, bananas, grapefruit, oranges, kiwis, and seasonal summer fruits
- Prepared veggies: carrots, cucumbers, bell pepper slices, broccoli, sugar snap peas, etc.
- Hummus with cut veggies or rice crackers
- Low fat yogurt: Try a non-dairy variety like coconut, soy or almond. Mix with berries and enjoy.
- Brown rice cakes with natural almond or peanut butter. Drizzle on some honey for a sweet treat, or slice some bananas on top for a more filling and sustaining snack.
- Cold baked potatoes. This is a great low fat and sustaining snack. Munch your potato whole, or slice and enjoy with your favorite hot sauce, BBQ sauce or salsa. Try sweet potatoes for variety.
- Baked tortilla chips and salsa
- Whole wheat pretzels dipped in almond butter or natural peanut butter
- Natural food bars such as LaraBars or Kind Bars
- Nori seaweed snack sheets
- A handful of raw almonds and dried fruit



BUILD A BETTER LUNCH

- Healthy instant meals such as Dr McDougall's Rice and Beans (available at Sprouts and Whole Foods)
- Leftovers – just add a side salad or veggies and enjoy
- Pack a bowl, Chipotle style: rice or quinoa, black or pinto beans, salsa, lettuce, and avocado
- Mix diced cantaloupe with cottage cheese. Serve in a romaine lettuce wrap with some ryvita crackers or a healthy whole wheat tortilla on the side.
- Pasta salad with olives, garbanzo beans, cooked veggies, diced lean meat and a light Italian dressing
- Microwave a sweet potato or corn on the cob (3 minutes with the husk on). Enjoy as is or serve with a light salad dressing.
- Bean or vegetable soup in a thermos
- Smoothies – make a big batch for breakfast and enjoy the remainder for lunch or snack