



# Pack a Healthy Lunch

Great for your wallet and your health!

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Eating out for lunch can cost about \$10. If you eat out every workday, that's about \$2400 a year! On average, people eat an extra 158 calories when they eat out for lunch. That can add up to thousands of extra calories per year, even if you only eat out for lunch once a week. Try some of these tips for making a healthy lunch and save some money and calories!

## Salads

- Prepare a large batch, top with a paper towel and an airtight cover, and refrigerate. It will stay fresh for a few days.
- Add variety throughout the week with kidney beans, beets, tuna, whole grains, nuts, and different dressings.



## Sandwiches

- Add veggies such as spinach, tomatoes, cucumbers, mushrooms, or even grilled or roasted veggies to sandwiches.
- Lean protein ideas include baked tofu, mashed beans, tuna, salmon, or grilled chicken.
- Healthier condiments include mustard, hummus, vinaigrettes, or mashed avocado.



## Soups

To make a simple soup:

1. Sauté your favorite vegetables in a little olive or canola oil for 5-10 minutes until cooked through.
2. Add low-sodium broth and bring it to a boil.
3. Stir in your choice of beans, whole grains or pasta, seasonings, and cooked meat, seafood, or poultry. Simmer for 15-20 minutes to cook through and develop flavors.





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## Recipes



### White Bean Wrap

Mash 1 can rinsed white beans, 2 tablespoons olive oil and 1 teaspoon lemon juice. Wrap in a romaine leaf or lightly steamed collard leaf with other veggies, such as tomato, shredded carrots, and avocado. Makes 4 wraps.



### Roasted Veggie Lunch Bowl

Roast 1 cubed sweet potato and 2-3 cups broccoli florets with a little olive oil at 400°F for 20 minutes, stirring halfway. Place into 4 containers with leafy greens, tomatoes, and beans or baked tofu. Refrigerate until ready to serve. Top with salad dressing or sauce such as hummus just prior to serving.



### Mediterranean Salmon or Tuna Salad

Combine: 6 oz. can salmon or tuna (drained), ¼ cup bell pepper, ¼ cup artichoke hearts, 2 tablespoons sundried tomatoes, and 2-3 tablespoons hummus. Serve in mini bell peppers, a lettuce wrap, a sandwich/wrap, or in a salad.

## More Recipe Ideas



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