

HEALTHY LUNCH *Ideas*



NORTHSIDE HOSPITAL

MAIN DISHES

WHOLE WHEAT TUNA WRAP

1 whole wheat wrap, $\frac{1}{2}$ 6 oz can of tuna (packed in water) mixed w/nonfat plain Greek yogurt, celery, onion. Add preferred toppings (cucumber, red onion, bell peppers, baby spinach)

270 calories, 32 grams protein, 5 grams fiber

BLACK BEAN BURRITO

1 whole wheat wrap, $\frac{1}{4}$ cup black beans (low sodium), $\frac{1}{4}$ avocado, 2 Tbsp salsa

280 calories, 11 grams protein, 12.5 grams fiber

EGG, TOMATO, AND AVOCADO SANDWICH

1 whole wheat English muffin, 1 large egg scrambled, $\frac{1}{4}$ avocado sliced, 2 slices tomato

220 calories, 11 grams protein, 7 grams fiber

PEANUT OR ALMOND BUTTER AND JELLY

2 slices whole wheat bread, 2 tablespoons nut butter, 1 tablespoon reduced sugar jelly

400 calories, 15 grams protein, 8 grams fiber

TANGY SHRIMP AND AVOCADO WRAP

1 whole wheat wrap, 6 pre cooked shrimp (chopped), $\frac{1}{4}$ avocado, $\frac{1}{4}$ cucumber, $\frac{1}{4}$ cup nonfat plain Greek yogurt

227 calories, 17 grams protein, 7 grams fiber

BAKED POTATO

1 small medium baked potato, $\frac{1}{4}$ cup non/low fat cottage cheese, 2 Tbsp salsa

178 calories, 11 grams protein, 3.5 grams fiber

SOUP

1 package Tbatchnik lentil soup, 1 stick low fat mozzarella string cheese

210 calories, 17 grams protein, 7 grams fiber

1 package Tbatchnik vegetarian chili, 1 stick low fat mozzarella string cheese

260 calories, 19 grams protein, 8 grams fiber

VEGGIE BURGER

1 whole wheat bun, 1 patty Dr. Prager's California Veggie Burger, 1 slice low fat swiss cheese, 2 slices tomato, $\frac{1}{4}$ avocado (sliced)

320 calories, 16 grams protein, 11 grams fiber

GOAT CHEESE AND ROASTED RED PEPPER WRAP

1 whole wheat wrap, 1 oz. goat cheese, 1 Tbsp fresh mint, $\frac{1}{2}$ of a roasted red pepper (chopped)

236 calories, 11.3 grams protein, 6 grams fiber

RICE AND BEANS

½ cup cooked brown rice, ½ cup black beans, 2 Tbsp salsa, ¼ avocado (cubed), a sprinkle of low fat shredded cheddar

284 calories, 11 grams protein, 12 grams fiber

GRILLED CHICKEN LETTUCE SANDWICH

1 sprouted whole wheat bun, 3 ounces grilled chicken breast, 2 iceberg lettuce leaves, 1 Tbsp hummus

220 calories, 28 grams protein, 6 grams fiber

MIXED VEGGIE LETTUCE WRAP

1 whole wheat wrap, 1 cup mixed veggies (raw or stir fried) (carrots, onions, bell peppers, snow snap peas), 2 large lettuce leaves, 2 Tbsp vinaigrette salad dressing (low sodium)

325 calories, 9 grams protein, 11 grams fiber

SIDES

1 small apple = 80 calories, 4 grams fiber

1 small pear = 86 calories, 5 grams fiber

1 cup strawberries = 55 calories, 3.3 grams fiber, 1.1 grams protein

½ cup baby carrots = 40 calories, 2 grams fiber

2 Tbsp hummus = 70 calories, 1 gram fiber, 2 grams protein

1 container (5.3 oz) nonfat 100 calorie Greek yogurt = 100 calories, 12-13 grams protein

¼ cup edamame (shelled) = 80 calories, 7 grams protein, 2.4 grams fiber

1 stick low fat string cheese = 80 calories, 8 grams protein

1 navel orange = 70 calories, 1.3 grams protein, 3.1 grams fiber

12 almonds = 82 calories, 3 grams protein, 1.7 grams fiber

1 cup cubed melon = 50 calories

1 medium sweet potato = 100 calories, 2.2 grams protein, 3.7 grams fiber

¼ cup dried fruit (raisins, cranberries) = 130 calories, 1 gram protein, 2 grams fiber

1 cup bell peppers = 50 calories, 1 gram protein, 2.5 grams fiber

1 cup celery sticks = 15 calories, 1 gram protein, 2 grams fiber

Note: For consistency's sake, we selected a few specific products that we used for calorie counts on frequently used ingredients in these suggestions. Here they are if you want to follow our guidelines exactly!

- Whole wheat wrap: Ezekiel 4:9 ® Sprouted Whole Grain Tortillas
- English Muffin: Ezekiel 4:9 ® Sprouted Whole Grain English Muffins
- Hamburger Bun: Ezekiel 4:9 ® Sprouted Whole Wheat Burger Buns
- Bread: Ezekiel 4:9 ® Sprouted Whole Grain Bread

Usually sold in the freezer of the health/organic food section at Kroger and Publix. Can also be found at Trader Joe's, Whole Foods, and Fresh Market. The Real Bread Company bread is also a good choice and is sold at Whole Foods. These breads are MUCH less processed and have no preservatives.