

Nutritious Brown Bag Lunch Ideas

Most people already know that bringing their lunches can be a lot healthier and more nutritious than going out to eat every day, but doing so isn't enough to make sure you're eating right. You also need to make sure that what you're bringing in those brown bags and lunch boxes is good for you. This part of the equation doesn't have to be complicated, however, and can be pretty delicious

Sandwiches

These sandwiches go above and beyond the standard PB and J in terms of nutrition and taste.

- **Roasted Red Pepper and Basil Tuna Sandwich.**
- **White Bean and Avocado Sandwich**
- **Cheddar and Apple Sandwich**
- **Better BLT**
- **Falafel Sandwich**
- **Grilled Eggplant Sandwich**
- **Nut Butter, Honey and Banana Sandwich.**
- **Hummus, Avocado and Tomato Sandwich**
- **Turkey Burger with Feta and Spinach**
- **BBQ Chicken Sandwich**
- **Pita Pockets with Avocado and Sprouts**
- **Portobello and Goat Cheese Sandwich**



Wraps and Rolls

Ditch the heavy bread without losing taste with these delicious and nutritious wrapped meals.

- **Whole Wheat Hummus and Veggie Wrap**
- **Rotisserie Chicken Wrap**
- **Vietnamese Salad, Shrimp and Turkey Roll**
- **Salmon Veggie Wrap**
- **Thai Chicken Wrap**
- **Pizza Wrap**
- **Black Bean Burrito**
- **Mediterranean Wrap**
- **Caesar Turkey Wrap**
- **Grilled Chicken Pesto Wraps with Sun-Dried**

Tomato

Salads

If you're looking for a classical healthy lunch option, try out one of these great salads.

- **Southwestern Bean and Pasta Salad**
- **Minted Citrus Salad**
- **Orange 'n Red Salad**
- **Spinach Salad with Apples**
- **Spring Salad**
- **Quinoa and Bean Salad**
- **Roasted Vegetable Salad**
- **Tomato and Mozzarella Salad**
- **Traditional Greek Salad**
- **Chicken Fajita Salad**
- **Buckwheat Noodle Salad**

Snacks

If you tend to get hungry in between lunch and dinner, these snacks can help you bridge the gap the healthy way.

- **Unsalted nuts**
- **Gingersnaps and Cheese**
- **Baby Carrots and Dip**
- **Unsweetened Apple Sauce**
- **Hummus and Vegetables**
- **Low-Fat Yogurt**
- **Whole Wheat Bagel**
- **Apple Slices and Almond Butter**
- **Trail Mix**
- **Air-Popped Popcorn**
- **Dried fruits**
- **Edamame**