

HOW TO PACK A BETTER LUNCH

Building a better lunch box is as easy as one, two, three. Pack one dish from each column—**grains**, **protein** and **fruit or veg**, and you've got yourself a portable meal that's as nourishing as it is delicious.



- 1. GRAINS**
Minestrone with whole-grain pasta
- +**
- 2. PROTEIN**
Plain yogurt drizzled with honey
- +**
- 3. FRUIT OR VEG**
Sliced red and green grapes

PICK IT This filling veggie-packed meal appeals to both adults and kids.

MAKE IT Save leftover pasta from dinner to bulk up the soup.

PACK IT Keep minestrone warm in a Thermos.



- 1. GRAINS**
2 slices of rye bread spread with mayonnaise
- +**
- 2. PROTEIN**
Sliced hard-boiled egg
- +**
- 3. FRUIT OR VEG**
Spinach, goat cheese and walnut salad with balsamic dressing

PICK IT Topping hearty rye with a hard-boiled egg makes for a filling sandwich.

MAKE IT Sprinkle egg slices with salt, pepper and paprika for added flavour.

PACK IT Transport the dressing in a single-serving jar for drizzling.



- 1. GRAINS**
Sesame-ginger soba noodles
- +**
- 2. PROTEIN**
Edamame and bean salad
- +**
- 3. FRUIT OR VEG**
Mango and berries with lime juice

PICK IT Ginger, fresh cilantro, mild spices and lime give this lunch zing.

MAKE IT Cool the noodles before packing and enjoy cold.

PACK IT An ice pack (or frozen juice box) will keep everything fresh.



- 1. GRAINS**
1 bagel
- +**
- 2. PROTEIN**
Smoked salmon, cream cheese and chives in a small iceberg lettuce leaf
- +**
- 3. FRUIT OR VEG**
Beet and carrot slaw in lemon dressing

PICK IT Feast on this classic combo of creamy, sharp and smoky flavours.

MAKE IT Let the beets and carrots marinate in dressing overnight.

PACK IT Toast the bagel at home and fill at lunchtime to prevent sogginess.

Lunch Box Building Blocks

- **GRAIN** products have carbohydrates and provide energy. Canada's Food Guide suggests eating whole grain foods such as whole grain bread, pasta, quinoa and oats.
- **PROTEIN** helps build and repair body tissues. Protein is found in meat, poultry, fish, eggs, dairy, legumes, nuts, seeds and tofu.
- **FRUIT OR VEG** should be part of every meal. Pack baby carrots, cherry tomatoes and clementines for snacks on the go.