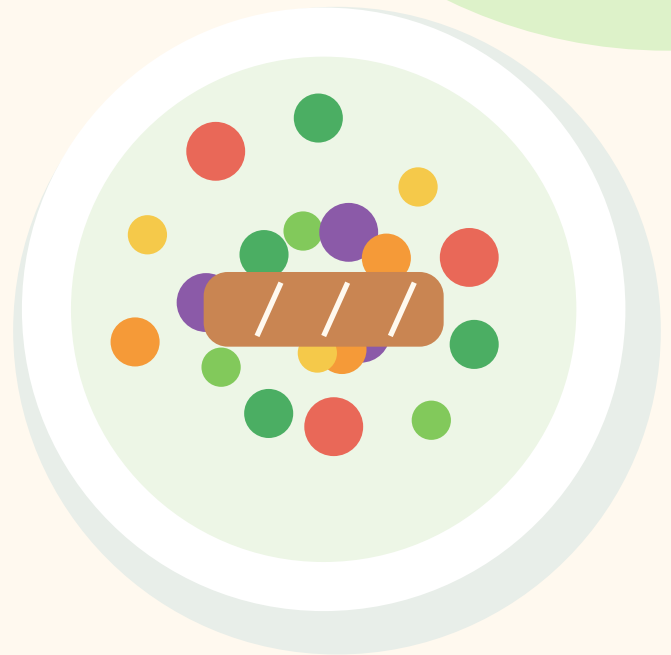


LOW-CALORIE LUNCHES

Seven satisfying meals to jump-start your Eat Well journey.

300-450 CALORIES PER MEAL

Fresh ingredients | Balanced choices



EAT WELL

Simple food. Colorful plates. Better days.

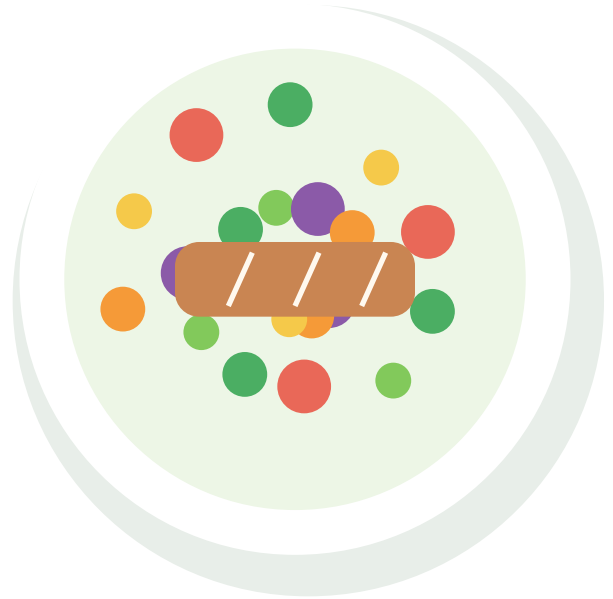
MONDAY

Grilled Chicken Salad

A satisfying, colorful lunch made with simple ingredients.

330

APPROX. CALORIES
per serving



WHAT'S IN YOUR LUNCH

- 4 oz grilled chicken breast
- Mixed greens
- Cucumber and tomatoes
- Carrots and bell peppers
- 2 tbsp light balsamic vinaigrette

SMART PREP

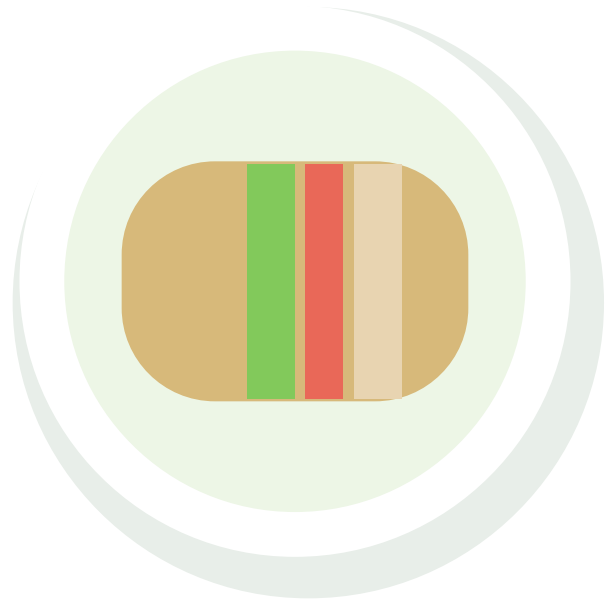
Season with herbs, spices, citrus, or vinegar; keep added salt light.

TUESDAY

Turkey & Veggie Wrap

A satisfying, colorful lunch made with simple ingredients.

350 APPROX. CALORIES
per serving



WHAT'S IN YOUR LUNCH

- 1 whole-wheat tortilla
- 3 oz low-sodium turkey breast
- Lettuce, tomato and cucumber
- Avocado slices
- Mustard

SMART PREP

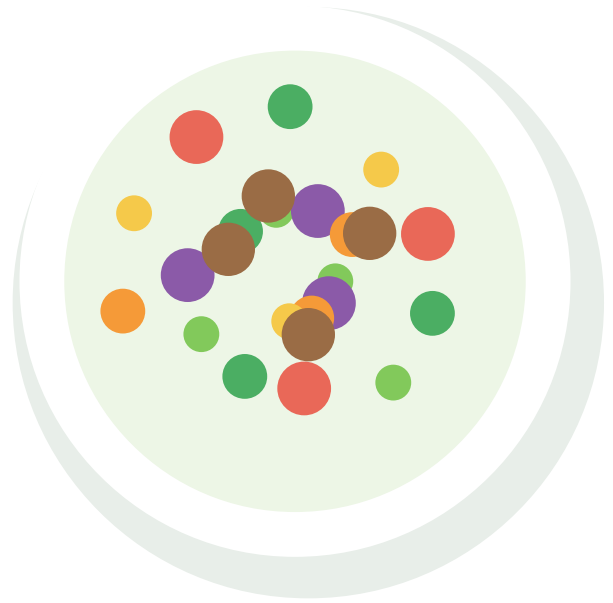
Layer the greens first to help keep the tortilla fresh and easy to roll.

WEDNESDAY

Mediterranean Chickpea Bowl

A satisfying, colorful lunch made with simple ingredients.

360 APPROX. CALORIES
per serving



WHAT'S IN YOUR LUNCH

- Chickpeas
- Cucumber and tomatoes
- Red onion and spinach
- Fresh parsley and lemon juice
- 1 tsp olive oil

SMART PREP

Season with herbs, spices, citrus, or vinegar; keep added salt light.

THURSDAY

Grilled Salmon with Broccoli

A satisfying, colorful lunch made with simple ingredients.

420 APPROX. CALORIES
per serving



WHAT'S IN YOUR LUNCH

- 4 oz grilled salmon
- Steamed broccoli
- 1/2 cup brown rice

SMART PREP

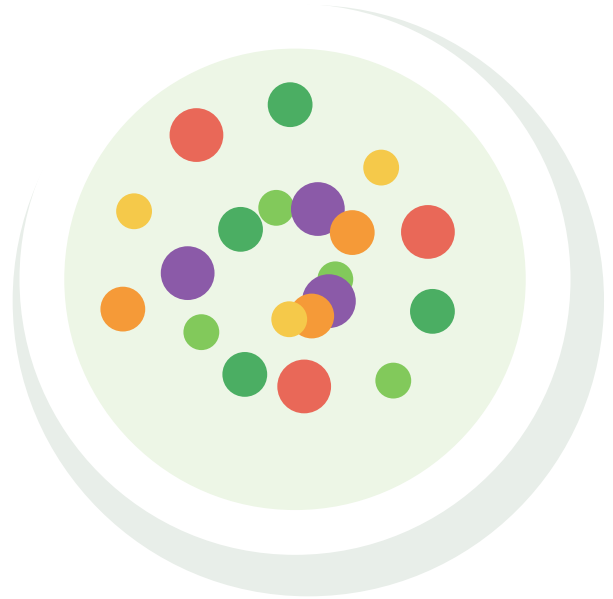
Grill until the salmon flakes easily, and steam the broccoli until bright green.

FRIDAY

Vegetable Stir-Fry

A satisfying, colorful lunch made with simple ingredients.

340 APPROX. CALORIES
per serving



WHAT'S IN YOUR LUNCH

- Broccoli and carrots
- Mushrooms and snap peas
- Bell peppers
- 4 oz grilled chicken
- Cauliflower rice

SMART PREP

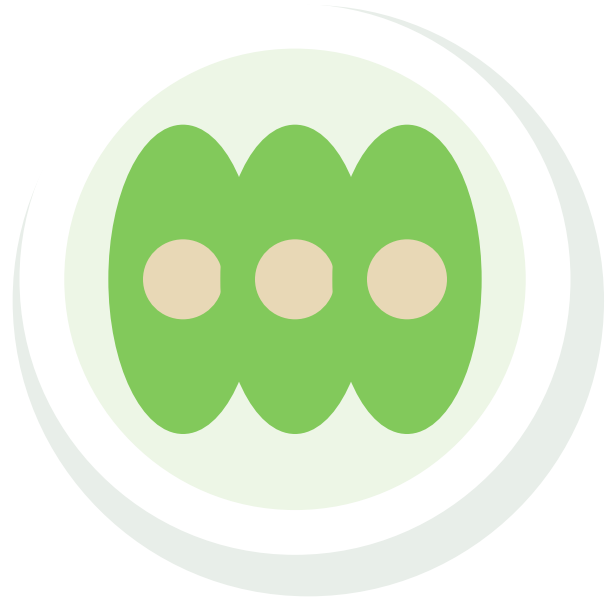
Season with herbs, spices, citrus, or vinegar; keep added salt light.

SATURDAY

Tuna Salad Lettuce Wraps

A satisfying, colorful lunch made with simple ingredients.

320 APPROX. CALORIES
per serving



WHAT'S IN YOUR LUNCH

- Tuna packed in water
- Plain Greek yogurt
- Celery, onion and grapes
- Large romaine leaves
- Fresh berries on the side

SMART PREP

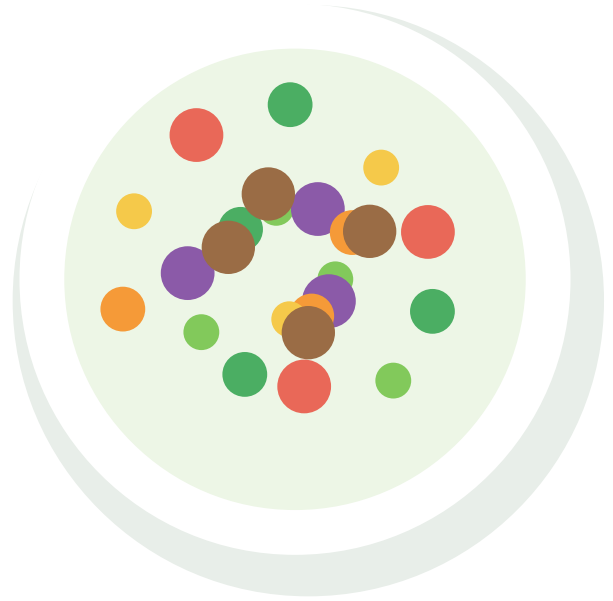
Chill the tuna mixture before spooning it into crisp romaine leaves.

SUNDAY

Turkey & Black Bean Bowl

A satisfying, colorful lunch made with simple ingredients.

430 APPROX. CALORIES
per serving



WHAT'S IN YOUR LUNCH

- Lean ground turkey
- Black beans
- Lettuce and tomatoes
- Corn and salsa
- Avocado

SMART PREP

Season with herbs, spices, citrus, or vinegar; keep added salt light.

TIPS FOR SUCCESS

Small choices can make every lunch more satisfying.

1**ADD COLOR**

Fill at least half your plate with colorful vegetables.

2**CHOOSE LEAN PROTEIN**

Try chicken, turkey, fish, beans, or tofu.

3**USE HEALTHY FATS**

Enjoy avocado, nuts, or olive oil in moderation.

4**BUILD FLAVOR**

Use herbs, spices, lemon juice, or vinegar instead of extra salt.

5**SIP SMART**

Choose water or unsweetened tea instead of sugary beverages.

THE TAKEAWAY

Protein and fiber help you stay satisfied while keeping calories under control.