

Homemade Lunchables

Preparation Instructions

1. Prepare the ingredients listed below. (Feel free to mix and match, or add other ingredients as needed. Adjust amounts depending on your purpose.)
2. Place each set of ingredients into sealable containers and store in the fridge for lunches/snacks for the week.

Recipes

#1:

- 2–3 slices of low-sodium turkey or chicken, rolled and sliced in half
- 2–3 oz of sharp cheddar cheese (4–5 small slices/squares)
- 10–15 whole grain, high-fiber crackers
- 10–15 cherry tomatoes
- ½ –1 cup of grapes

#2:

- 1–2 oz of dark chocolate (2–4 squares)
- 1–2 hard boiled eggs, but halved and peppered
- 2–3 oz of pepper jack cheese (4–5 small slices/squares)
- 10–20 whole grain, high-fiber crackers
- 8–12 baby carrots (1 cup chopped)
- 3–4 tablespoons of hummus
- 1–2 oz dark chocolate covered berries