



LINDGREN
functional medicine

HOW TO BUILD A LUNCHBOX



1 VEGGIES

- carrots
 - cucumbers
 - radishes
 - pickles
 - snap peas
 - sweet potato
 - grape tomatoes
 - lettuce (a fun wrap)
 - avocado/guacamole
 - peppers
 - broccoli
 - cauliflower
 - jicama
- try cutting veggies in unusual ways for fun variety*

2 PROTIEN

- deli meat
- sausage slices
- chicken chunks
- burger
- hummus
- chicken/tuna salad
- hard-boiled eggs
- cheese
- yogurt
- nuts/nut butter

3 HEALTHY FAT

- olives
- avocado/guac
- nuts/nut butter
- grass-fed butter

4 WHOLE FOOD CARBS

- veggie/corn chips
- granola
- oatmeal
- whole grain bread
- crackers/pretzels
- tortilla/flatbread

5 SWEET TREAT

- fresh fruit
- dried fruit
- applesauce
- dry cereal
- trail mix
- date/granola bar
- honey & nut butter
- chocolate milk
- juice
- cookie

a sweet treat can be enjoyed, as long as the rest of your lunch is full of colorful and nutritious foods

COMBO IDEAS

- PIZZA: crackers/tortilla + cheese + olives + pepperoni + tomato sauce
- SUSHI: veggies + meat + cheese OR nut butter + banana wrapped in tortilla, sliced
- DIPPERS: savory hummus + guacamole + veggies OR chocolate hummus + fruit + pretzels
- PARFAIT: yogurt/applesauce + berries + granola
- BACON & EGGS: hard-boiled eggs + bacon/sausage slices + veggies