



Eat a Healthy Lunch Challenge



Bring or buy a healthy lunch during the workweek. Aim for 3x a week or 9x total. Check the boxes below when completed.

MONTH: _____

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Days Successful
Week 1								
Week 2								
Week 3								



Challenge Accepted!

MONTHLY TOTAL: _____

Participant Name

Worksite/Department

Build Your Own Lunch Kit

Choose a variety of protein, fruits and vegetables, whole grains, and healthy fats for a well-balanced meal

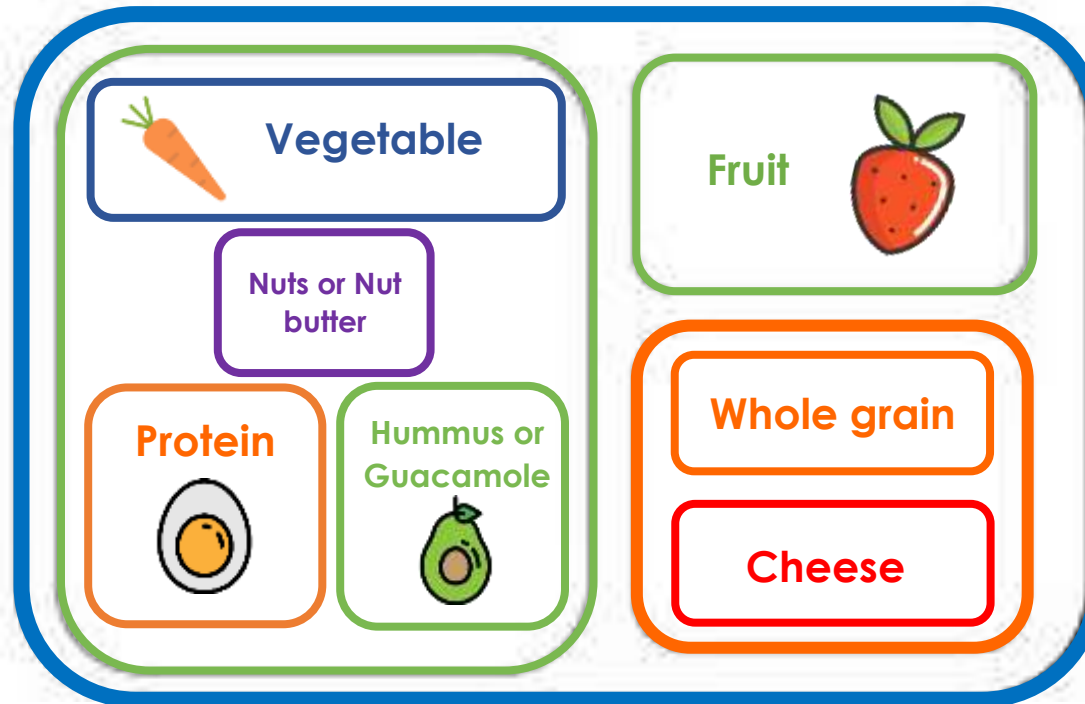
Vegetable

** (1 cup)

Carrot sticks
Celery
Jicama
Cucumber
Cherry tomato
Bell pepper strips
Broccoli

Protein

Hard-boiled egg- 1 whole
Diced chicken breast- ½ C
Chicken salad- ½ C
Tuna salad- ½ C



Fruit

* You may mix fruits to equal 1 cup

Diced fruit- 1 cup
Berries- 1 cup
Sliced small apple
Grapes- 1 cup
Mandarin orange- 1 whole

Whole grain

Triscuits- 8 crackers
Wheat thins- 8-16 crackers- (16 equals one serving)
1 whole wheat mini pita round
Gluten Free option: Brown rice crackers- 9 crackers

Extra protein/ healthy fats

All-natural peanut or almond butter- 2 tbsp
Nuts or seeds- 1 oz

Healthy dips for veggies & whole

grains

Hummus- 2 tbsp
Guacamole dip- ½ cup

Cheese

*Omit for lower calories
Cubed cheese- (1 ½ oz)
Mozzarella cheese stick- (1 stick)
Fresh mozzarella balls (mini)- (1 ½ oz)
Cottage cheese- 1 cup