

Vegetarian Lunch Box Guide



Design a balanced vegetarian lunch by choosing at least one item from each of the first four columns. *Italics* = vegan; **Blue** = recipe on halsanutrition.com

Protein	Starch	Veggie	Fruit	Extra
Plain Greek yogurt	<i>Granola</i>	<i>Cucumber slices</i>	<i>Raspberries</i>	Mini morning glory muffin
<i>Nut or seed butter</i>	<i>Whole grain crackers</i>	<i>Blanched green beans</i>	<i>Unsweetened apple sauce</i>	Chocolate milk
Hummus	<i>Lavash or pita bread</i>	<i>Bell Pepper slices</i>	<i>Plum</i>	Soy milk
<i>Cheese</i>	<i>Toasted bread</i>	<i>Baby spinach</i>	<i>Peach</i>	<i>Whole grain tortilla chips</i>
Mini frittatas	<i>Popcorn</i>	<i>Cooked sweet potato wedges</i>	<i>Kiwi</i>	Kefir smoothie
<i>Roasted chickpeas</i>	Flying Pancakes	<i>Carrot sticks</i>	<i>Blueberries</i>	<i>Dried Fruit leather</i>
<i>Cooked tofu</i>	<i>Brown rice</i>	<i>Snap Peas</i>	<i>Cherries</i>	Trailmix cookies
<i>Sliced veggie burger</i>	<i>Pasta</i>	<i>Peas</i>	<i>Cantaloupe</i>	Brownie Bites
Hard-boiled egg	<i>Mini whole wheat bagel</i>	<i>Broccoli</i>	<i>Watermelon</i>	Cream cheese
<i>Edamame</i>	<i>Quinoa</i>	<i>Roasted butternut squash</i>	<i>Apple slices</i>	Greek yogurt dip
Veggie meatballs	<i>Spaghetti</i>	<i>Marinara sauce</i>	<i>Honeydew melon</i>	Cocoa coconut bliss balls
Quinoa Fritters	<i>Rice crackers</i>	<i>Cherry tomatoes</i>	<i>Pear</i>	Pumpkin muffins
Milk	Waffles	<i>Celery sticks</i>	<i>Blackberries</i>	<i>Sunflower seeds</i>
<i>Cooked black beans</i>	<i>White rice</i>	<i>Guacamole</i>	<i>Orange slices</i>	<i>Blue corn tortilla chips</i>
<i>Falafel</i>	<i>Pita bread</i>	<i>Tomato slices</i>	<i>Pineapple</i>	Chewy, no-bake granola bars
<i>Chickpea salad</i>	<i>Whole wheat wrap</i>	<i>Lettuce</i>	<i>Grapes</i>	Ginger molasses cookie
Swedish pancakes (protein + starch)	Swedish pancakes (protein + starch)	<i>Sliced radish</i>	<i>Mango slices</i>	Chia jam
<i>Sunflower seed butter</i>	<i>Vegan waffle</i>	<i>Sliced jicama</i>	<i>Strawberries</i>	<i>Coconut milk yogurt</i>
<i>Almond butter</i>	<i>Gluten free tortilla</i>	<i>Roasted parsnips</i>	<i>Banana</i>	<i>Coconut flakes</i>
<i>Veggie lasagna (protein + starch)</i>	<i>Veggie lasagna (protein + starch)</i>	<i>Lettuce</i>	<i>Dried Cranberries</i>	Coconut Cashew Bliss Balls
Veggie chili (protein + starch)	Veggie chili (protein + starch)	<i>Avocado</i>	<i>Nectarine</i>	<i>Shredded cheese</i>
<i>Babybel cheese</i>	<i>Baguette</i>	<i>Vegetable soup</i>	<i>Fresh figs</i>	Almonds