



Pack Smart Lunches



You have total control of calorie, fat and sugar content when you pack your own lunch. Reap the rewards not only when you weigh-in each week, but also when your monthly bank statement arrives. Packing lunch helps you avoid expensive restaurant meals!

A smart lunch includes lots of fruits and vegetables, low-fat dairy, lean proteins, whole-grains and a calorie-free beverage. If you have a microwave available at work, consider bringing leftovers, soup, or even a low-calorie frozen meal. Jazz up everyday sandwiches by adding lots of vegetables. Use a whole-wheat or lettuce-leaf wrap rather than bread. Avoid high fat condiments such as mayonnaise. Add a healthy snack in your lunch bag for the afternoon. Pack dry unsweetened cereal or cereal bars, fruit, vegetables, a low-fat cheese stick or whole-wheat crackers.

Plan to pack your lunch. Buy items you will need once a week and pack your lunch the night before to avoid adding to your morning rush. You can even pack several lunches at one time. Remember to take your lunch with you in the mornings to avoid skipping meals. People who skip meals are heavier than those who don't and skipping meals can lead to unhealthy eating later in the day

- TODAY'S AGENDA**
- I. Weigh-in & Record
 - II. Welcome & celebrate success
 - III. Newsletter Volume 10
 - IV. Discuss smart lunches
 - V. Bag It!
 - VI. Next week — screening screen time



For tips and recipes for packing smart lunches check out:
www.MyEatSmartMoveMore.com