

5 Lunch Ideas With Consistent Nutritional Values



It can get boring having the same meal for lunch every day. Don't forget that there are a variety of meals that can provide the energy that you need to feel full and energized. It's possible to find meals with similar nutritional values that provide a variety of flavors and presentations to keep you excited about your lunch. The key to finding recipes that fit into your daily needs is to remember that you're looking for meals similar amounts of grain, protein, vegetables, and fat sources, but they can be prepped and mixed any way that you like. Here are some examples to get you started!



Nutrition:

442 Calories

44 g CHO

35 g Pro

14 g Fat

Chicken Avocado Caprese Wrap

Ingredients:

- 1 whole-wheat tortilla wrap
- 2 oz. grilled chicken
- 1 oz. fresh mozzarella cheese
- 1/2 tomato, sliced
- 1/4 avocado, pitted and sliced
- 1/4 cup fresh arugula
- 1 Tablespoon balsamic vinegar
- Salt and pepper to taste

Directions:

- Layer slices of tomato, mozzarella cheese, grilled and avocado on the tortilla
- Add chicken and arugula
- Drizzle with balsamic vinegar
- Season with salt and pepper
- Fold the tortilla and enjoy!

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Quinoa, Chicken, and Kale Soup

Ingredients: (prepares about 6 servings)

- 1 lb boneless skinless chicken breasts (raw)
- 1 1/4 cups chopped yellow onion (1 medium onion)
- 1 cup chopped celery (about 3 stalks)
- 4 cloves garlic, minced
- 2 Tbsp extra virgin olive oil
- 3/4 cup dry quinoa
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary, crushed
- 4 (14.5 oz) cans low-sodium chicken broth (7 cups)
- 1 (15.5 oz) can Great Northern or Cannellini beans, drained and rinsed
- 4 cups packed kale, roughly chopped (thick ribs chopped and discarded)
- 3 Tbsp chopped fresh parsley
- 2 Tbsp fresh lemon juice

Directions:

Add chicken to a 6 or 7 quart slow cooker, then add onions, celery and garlic, then drizzle with olive oil.

Add quinoa (for a more firm textured quinoa add during last 30 minutes to 1 hour of cooking, per reviewers comments), thyme, rosemary and pour in chicken broth.

Cover and cook on HIGH 3 1/2 - 4 hours or LOW 7 - 8 hours

Remove chicken, let rest 10 minutes then cut into bite size pieces and return to soup. Meanwhile, add in beans, kale, parsley and lemon juice, then cover and continue to cook on HIGH heat another 10 - 20 minutes until kale has reached desired doneness.

Serve warm

Nutrition (per 1 cup):

378 Calories

41 g Carbohydrates

31 g Protein

10 g Fat



Greek Chicken Pita



Ingredients:

1 whole-wheat pita, cut into two to make pocket

2 oz. chicken breast, shredded

¼ cup diced tomato

¼ cup cucumber

1 Tablespoon chopped red onion

¼ teaspoon dried oregano

1 Tablespoon lemon juice

¼ cup mixed greens

2 Tablespoon crumbled feta cheese

Directions:

Mix chicken, vegetables, feta, lemon juice, and oregano

Toast pita (if desired)

Fill pita with the mixture and enjoy!

Nutrition:

333 Calories

35 g CHO

28 g Pro

9 g Fat

Grilled Chicken Salad

Ingredients:

3 oz. grilled chicken

2 cups mixed greens

1/2 cup mixed vegetables

1 medium sized apple, chopped on salad

1 tablespoon of olive oil

1 tablespoon red wine vinegar

Nutrition:

386 Calories

40 g CHO

25 g Pro

14 g Fat

Chicken and Vegetable Lemon Stir Fry



Ingredients:

- 1 pound Chicken breast
- ½ cup reduced sodium chicken broth
- 2 Tablespoons reduced sodium soy sauce
- 2 Tablespoons water
- 1 Tablespoon canola oil
- 2 Tablespoons cornstarch
- 6 cloves chopped garlic
- 1 Tablespoon fresh ginger
- 3 Tablespoons fresh lemon juice
- 1 bunch asparagus
- 2 cup brown rice

Directions:

Combine chicken broth and soy sauce in a bowl

In a separate bowl, combine water and cornstarch and stir

Heat a large pan over medium-high heat, when hot add 1 tablespoon of oil, then add the asparagus and cook until tender (about 3-4 minutes)

Add the garlic and the ginger and cook until golden (about 1 minute) and set aside

Increase the heat to high, then add 2 teaspoons of oil and cook chicken until browned and cooked through. Set chicken aside.

Add the soy sauce mixture, bring to a boil and cook for 1-2 minutes.

When it simmers, return the asparagus and chicken to the pan and stir.

Remove from heat and serve over brown rice. (makes 4 servings)

Nutrition (per serving):

372 Calories

42 g CHO

33 g Pro

8 g Fat