

Dietitian's Choice Lunchbox Ideas

Chipotle Ranch Quesadilla and Pepper Boats

Whole wheat tortilla with cheese, refried beans + Chipotle ranch + mini peppers (scooped out with hummus inside) + grapes

Butterfly Bento Box

Whole wheat bread with nut/seed butter, banana, honey + clementine + chocolate chips + cucumber

Pizza Lunchbox

Whole wheat pita with tomato sauce, mozzarella cheese, ham, mushrooms, bell pepper + carrots + ranch dressing + applesauce

Easy Lunch Stackers

Whole wheat crackers with ham and cheese + cucumbers + banana + mini peppers + ranch dressing

Fun Bento Fun-due

Fruit dip (Greek yogurt + sunflower seed butter + honey + cinnamon) + apple slices + strawberries + salsa ranch dressing + mini peppers + broccoli + turkey (natural, low sodium) and cheddar cheese cubes + whole wheat crackers

Taco Lunchbox

Whole wheat tortilla with rotisserie chicken, black beans, lettuce, corn, Mexican cheese, tomatoes + fruit and nut granola bar

Turkey Hummus Pinwheel

Whole wheat tortilla with hummus, turkey (natural) deli meat, cheese, lettuce + sugar snap peas + ranch dressing + apple

Beany Pita Power

Whole wheat Pita with black beans, tomatoes, salsa, guacamole, lettuce, cheese + melon + fruit and nut granola bar

Caprese Zoodle Salad

Spiralized zucchini with olive oil, balsamic vinegar, honey, tomatoes, mozzarella balls, basil + grapes + sliced deli turkey (natural) + whole wheat crackers

