

## Healthy Packed Lunches

A well-balanced lunch is part of the winning game plan you need to meet your sports and fitness goals. Your body needs a balanced mid-day meal to keep you energized and focused for the rest of the day. Make sure you eat a source of protein, a source of carbohydrate, and plenty of fruits and vegetables to help your body feel satisfied and full. Here are **10 healthy lunch ideas** to get you started. Don't forget to get creative and mix things up with variety!

- 1.) Tuna salad bagel
  - Tuna with celery, light mayo, red grapes, onion, and hardboiled egg whites on a whole wheat bagel
  - 1 fruit choice
  - Baggie of baby carrots
  - 1 string cheese
  - 1 water bottle
  
- 2.) Mini chef salad
  - Sliced turkey with romaine lettuce, cucumbers, tomatoes, and shredded mozzarella
  - Low-fat dressing
  - English muffin
  - 1 pack of raisins
  - 1 bottle of water
  - 1 carton of milk
  
- 3.) Peanut butter and jelly tortilla
  - 1-2 whole wheat tortilla(s) with peanut butter and jelly. Hold together with toothpicks if needed.
  - 1 apple
  - 1 baggie of carrot sticks
  - 1 regular or Greek yogurt
  - 1 bottle of water
  
- 4.) Mini turkey/ham sandwiches
  - 3-4 mini sandwiches with meat, cheese, lettuce, tomato, light mayonnaise if desired
  - 1 banana
  - Cucumber slices with low-fat ranch dip
  - 1 baggie of pretzels or popcorn
  - 1 carton of milk
  - 1 bottle of water
  
- 5.) Peanut butter and banana sandwich
  - 2 slices of whole wheat bread with peanut butter and 1 sliced banana
  - Broccoli florets with Italian dressing
  - 1 cheese stick
  - 1 small granola bar

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- 6.) Cracker Stackers
  - 6 cracker sandwiches with a lunch meat of your choice
  - 6 low fat cheese cubes
  - Orange slices
  - 2-3 celery stalks with dip or hummus
  - 1 small granola bar
  - 1 bottle of water
  
- 7.) Chicken wrapper
  - 2-3 oz chicken sliced breast with lettuce, tomato, and honey mustard
  - Baggie of green or red grapes
  - Baggie of baby carrots
  - 1 string cheese
  - 1 water bottle
  
- 8.) Turkey and cheese roll-ups
  - Rolled up turkey slices and cheese
  - Bag of pretzels
  - Baggie of veggies (Broccoli and cherry tomatoes or sugar snap peas and baby carrots)
  - 1 fruit choice
  - 1 bottle of water
  
- 9.) Cucumber Tea Sandwiches
  - 3-4 mini sandwiches with cucumber slices, turkey, tomato and cream cheese on whole wheat bread
  - 1 hardboiled egg
  - 1 string cheese
  - 1 fruit choice
  - 1 bottle of water
  
- 10.) Pasta salad
  - Wheat pasta, mixed vegetables (tomatoes and cucumbers ), diced cheddar cheese, chicken cubes or turkey strips, with low-fat Italian salad dressing
  - Bread of choice (pita, english muffin, small bagel, whole wheat)
  - Sliced oranges
  - Baggie of almonds or nuts
  - 1 water bottle