

# Healthy Lunchbox Cheat Sheet

## Fruit

Strawberries	Mangoes	Raspberries	Cantaloupe
Grapes	Blackberries	Papaya	Blueberries
Pineapple	Apples	Oranges	Kiwi
Peaches	Apricots	Persimmon	Bananas
Plums	Watermelon	Pomegranate	Cherries
Nectarines	Pears	Figs	

## Vegetables

Cherry tomatoes	Carrot sticks	Acorn squash, cooked
Sweet bell pepper slices	Corn (kernels or a small cob, cooked)	Edamame
Mushrooms	Celery sticks	Avocado
Broccoli	Peas	Beets
Sugar snap peas	Spinach	Cucumbers
Green beans (cooked or raw)	Kale	Lentils
Cauliflower	Sweet potato, cooked	Beans (chickpeas, black, pinto, kidney, white, lima)
Butternut squash cubes, cooked		

## Grains

Whole wheat bread	Whole wheat tortillas	Whole wheat cereals
Whole wheat pita	Popcorn	Whole wheat pita chips, baked
Whole wheat wraps	Whole wheat rolls	Whole wheat waffles
Quinoa	Whole wheat crackers	Whole wheat bagels
Brown rice	Whole wheat pretzels	Oatmeal
Whole wheat pasta	Whole wheat english muffins	

## Protein Foods

Hard boiled egg	Salmon salad	Pumpkin seeds, unsalted
Turkey burger	Chicken salad	Sunflower seeds, unsalted
Rotisserie chicken chunks	Egg salad	Tofu cubes
Lean/low sodium deli meats	Peanut butter	Chicken quesadilla
Sardines (on their own or mixed with low fat cream cheese for a sandwich spread)	Almond butter	Lentils
Tuna salad	Nuts, unsalted (walnuts, almonds, peanuts, pistachios, cashews, pecans)	Hummus
		Beans (chickpeas, black, pinto, kidney, white, lima)

## Dairy

Low fat milk	Low fat yogurt	Cream cheese
Low fat Greek yogurt	Cheese slices or cubes	Greek yogurt based dips (delicious served with fresh vegetables)
Reduced fat string cheese	Kefir smoothies	
Single serving cheeses	Cottage cheese	