

# Healthy Lunchbox

## Cheat Sheet



### Fruits

Strawberries  
Grapes  
Pineapple  
Peaches  
Plums  
Nectarines

Mangoes  
Blackberries  
Apples  
Apricots  
Watermelon  
Pears

Raspberries  
Papaya  
Oranges  
Persimmon  
Pomegranate  
Figs

Cantaloupe  
Blueberries  
Kiwi  
Bananas  
Cherries

### Vegetables

Cherry tomatoes  
Sweet bell pepper slices  
Mushrooms  
Broccoli  
Sugar snap peas  
Green beans (cooked or raw)

Cauliflower  
Butternut squash cubes (cooked)  
Carrot sticks  
Corn (kernels or a small cob, cooked)  
Celery sticks  
Peas

Spinach  
Kale  
Sweet potato (cooked)  
Acorn squash (cooked)  
Edamame  
Avocado  
Beets

Cucumbers  
Lentils  
Beans (chickpeas, black, pinto, kidney, white, lima)

### Grains

Whole wheat bread  
Whole wheat pita  
Whole wheat wraps  
Whole wheat pasta  
Whole wheat tortillas

Whole wheat rolls  
Whole wheat crackers  
Whole wheat pretzels  
Whole wheat cereals  
Whole wheat waffles

Whole wheat bagels  
Whole wheat english muffins  
Whole wheat pita chips (baked)

Quinoa  
Brown rice  
Popcorn  
Oatmeal

### Proteins

Hard boiled egg  
Turkey burger  
Rotisserie chicken chunks  
Lean/low sodium deli meats  
Tuna salad  
Salmon salad

Chicken salad  
Egg salad  
Peanut butter  
Almond butter  
Tofu cubes  
Chicken quesadilla  
Lentils

Hummus  
Pumpkin seeds (unsalted)  
Sunflower seeds (unsalted)  
Beans (chickpeas, black, pinto, kidney, white, lima)

Sardines (on their own or mixed with low fat cream cheese for a sandwich spread)  
Nuts, unsalted (walnuts, almonds, peanuts, pistachios, cashews, pecans)

### Dairy

Low fat milk  
Low fat Greek yogurt  
Reduced fat string cheese

Single serving cheeses  
Low fat yogurt  
Cheese slices or cubes

Kefir smoothies  
Cottage cheese  
Cream cheese

Greek yogurt based dips (delicious served with fresh vegetables)