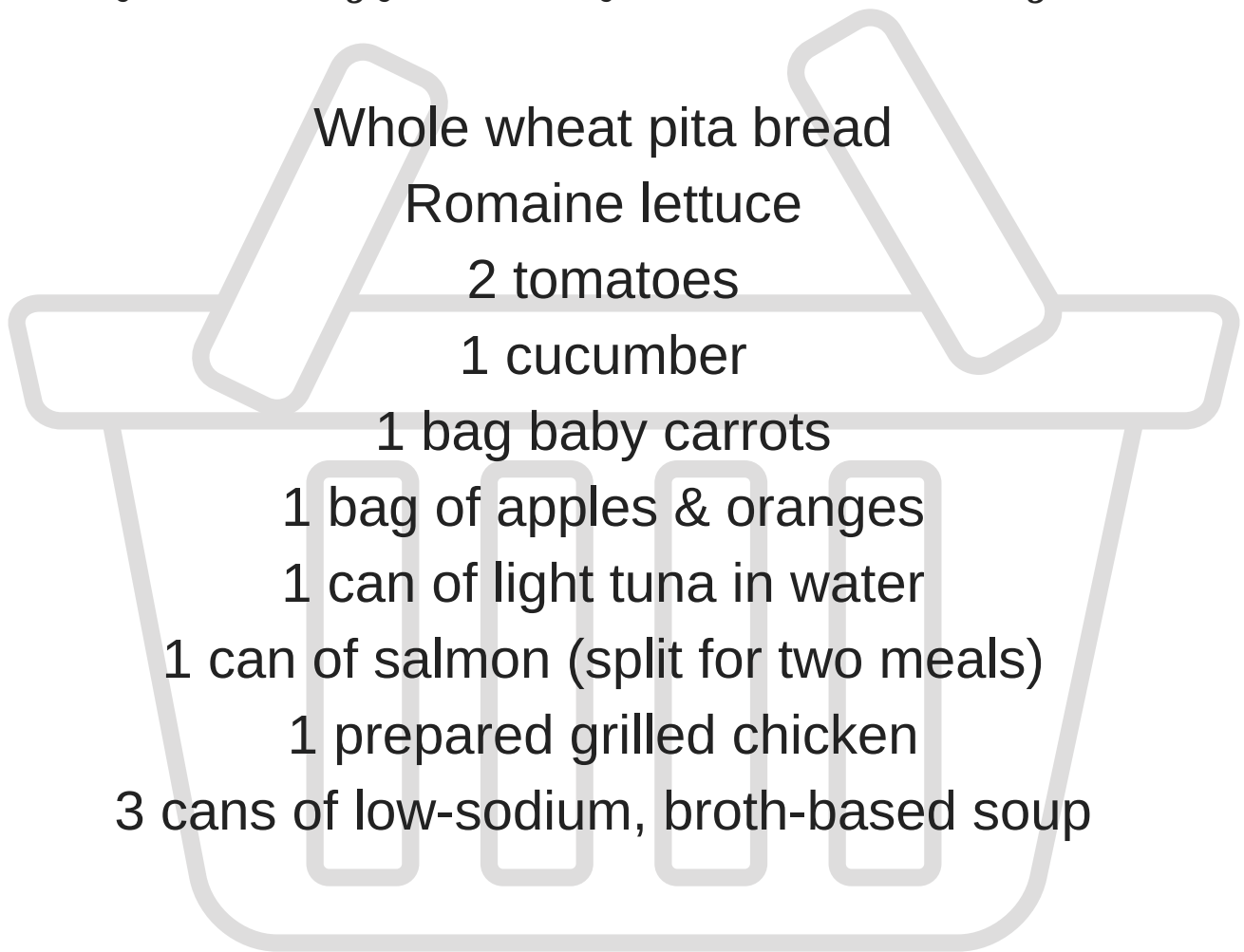


# 1 list.

## 5 healthy lunches for the week.

Grocery list for a week of healthy lunches costing less than \$5/day (assuming you already have salad dressing on hand).



Whole wheat pita bread

Romaine lettuce

2 tomatoes

1 cucumber

1 bag baby carrots

1 bag of apples & oranges

1 can of light tuna in water

1 can of salmon (split for two meals)

1 prepared grilled chicken

3 cans of low-sodium, broth-based soup

With this list of foods, you can prepare:

- 1 grilled chicken pita with lettuce with dressing / carrots / an apple
  - Salmon lettuce wraps with dressing / soup / orange
  - Tomato cucumber salad / tuna salad pita / carrots / apple
  - Soup / grilled chicken on dressed romaine with sliced apple
- Salmon salad with tomato, cucumber, and carrots / orange / soup

# **other inexpensive & healthy lunch options:**

- Whole-wheat tortilla wrap of hummus, lettuce, sliced tomatoes, feta cheese and black olives; plus a carton of fat-free vanilla yogurt, and berries.
- Whole wheat pita stuffed with vegetarian refried beans, salsa, lettuce and shredded cheddar cheese; and apple slices with peanut butter.
- A green salad loaded with canned chunk light tuna, carrot strips, pepper slices, tomato wedges, red beans, and dried cranberries topped with balsamic vinaigrette; with a cup of low-fat chocolate milk.
- A peanut butter and banana sandwich on whole wheat bread; a piece of fresh fruit; and low-fat yogurt.
- Whole-wheat tortilla roll with sliced turkey, sliced low-fat mozzarella cheese, red pepper strips, and lettuce leaf (chill and slice into bite size pieces); with fruit salad and a glass of skim milk.