CREATING A HEALTHY LUNCH BOX

A healthy lunch provides key nutrients AND a boost of energy to get you through the day. Follow a few of these tips for creating a healthy lunch box.

PLAN AHEAD

Make a list of your favorite foods from each food group. Mix and match all week long to create healthy lunches and snacks.

VARY YOUR DIET

Don't get stuck in a rut! Each week, shop to pick different foods from each food group. Fill your cart with a variety of nutrients.

MAKE FRUITS & VEGETABLES THE MAIN COURSE

Make a salad or add a healthy dip, like hummus or yogurt for more flavor and added protein.

DINNER BECOMES LUNCH

Don't settle for processed convenience foods. Use leftovers to make a healthy lunch for the next day.

SoulFIRE Health
Healthy living. Healthy behaviors.