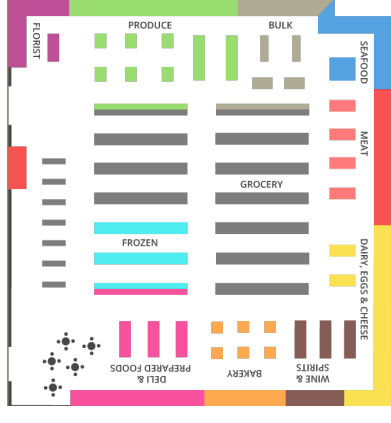


Build Your Own
lunchbox

A simple line drawing of an open lunchbox. The lunchbox is shown from a three-quarter perspective, with the lid open and resting on the right side. The interior of the lunchbox is divided into several compartments, including a large central space and smaller sections on the sides and bottom. The drawing uses solid lines for the edges and dashed lines to indicate hidden or internal edges, giving it a three-dimensional appearance.

How To Shop At A Grocery Store



- ## 5 Minute Meals

- **Pizza:** place marinara sauce over a pita bread or rice cake and add toppings! Bake pita-pizza

-
- NEW**
- 14g Protein**
- Lunchables**
- PIZZA WITH PEPPERONI & CHEDDAR**
- 100% Whole Grain Oats**
- 10g Fiber**
- 10g Sugar**
- 10g Fat**
- 10g Sodium**
- 10g Calcium**
- 10g Iron**
- 10g Zinc**
- 10g Magnesium**
- 10g Potassium**
- 10g Phosphorus**
- 10g Selenium**
- 10g Manganese**
- 10g Copper**
- 10g Nickel**
- 10g Boron**
- 10g Vanadium**
- 10g Chromium**
- 10g Molybdenum**
- 10g Cobalt**
- 10g Iodine**
- 10g Fluorine**
- 10g Silicon**
- 10g Aluminum**
- 10g Bismuth**
- 10g Antimony**
- 10g Tellurium**
- 10g Barium**
- 10g Beryllium**
- 10g Cadmium**
- 10g Cesium**
- 10g Cerium**
- 10g Chlorine**
- 10g Chromium**
- 10g Cobalt**
- 10g Copper**
- 10g Fluorine**
- 10g Gadolinium**
- 10g Germanium**
- 10g Gold**
- 10g Hafnium**
- 10g Helium**
- 10g Hydrogen**
- 10g Iodine**
- 10g Iron**
- 10g Lead**
- 10g Lithium**
- 10g Magnesium**
- 10g Manganese**
- 10g Mercury**
- 10g Molybdenum**
- 10g Nickel**
- 10g Nitrogen**
- 10g Osmium**
- 10g Oxygen**
- 10g Palladium**
- 10g Phosphorus**
- 10g Potassium**
- 10g Radium**
- 10g Rubidium**
- 10g Selenium**
- 10g Silver**
- 10g Sodium**
- 10g Strontium**
- 10g Sulfur**
- 10g Tantalum**
- 10g Tellurium**
- 10g Thallium**
- 10g Thorium**
- 10g Tin**
- 10g Vanadium**
- 10g Xenon**
- 10g Zinc**
- 10g Zirconium**
- 10g Bismuth**
- 10g Antimony**
- 10g Tellurium**
- 10g Barium**
- 10g Beryllium**
- 10g Cadmium**
- 10g Cesium**
- 10g Cerium**
- 10g Chlorine**
- 10g Chromium**
- 10g Cobalt**
- 10g Copper**
- 10g Fluorine**
- 10g Gadolinium**
- 10g Germanium**
- 10g Gold**
- 10g Hafnium**
- 10g Helium**
- 10g Hydrogen**
- 10g Iodine**
- 10g Iron**
- 10g Lead**
- 10g Lithium**
- 10g Magnesium**
- 10g Manganese**
- 10g Mercury**
- 10g Molybdenum**
- 10g Nickel**
- 10g Nitrogen**
- 10g Osmium**
- 10g Oxygen**
- 10g Palladium**
- 10g Phosphorus**
- 10g Potassium**
- 10g Radium**
- 10g Rubidium**
- 10g Selenium**
- 10g Silver**
- 10g Sodium**
- 10g Strontium**
- 10g Sulfur**
- 10g Tantalum**
- 10g Tellurium**
- 10g Thallium**
- 10g Thorium**
- 10g Tin**
- 10g Vanadium**
- 10g Xenon**
- 10g Zinc**
- 10g Zirconium**
- 10g Bismuth**
- 10g Antimony**
- 10g Tellurium**
- 10g Barium**
- 10g Beryllium**
- 10g Cadmium**
- 10g Cesium**
- 10g Cerium**
- 10g Chlorine**
- 10g Chromium**
- 10g Cobalt**
- 10g Copper**
- 10g Fluorine**
- 10g Gadolinium**
- 10g Germanium**
- 10g Gold**
- 10g Hafnium**
- 10g Helium**
- 10g Hydrogen**
- 10g Iodine**
- 10g Iron**
- 10g Lead**
- 10g Lithium**
- 10g Magnesium**
- 10g Manganese**
- 10g Mercury**
- 10g Molybdenum**
- 10g Nickel**
- 10g Nitrogen**
- 10g Osmium**
- 10g Oxygen**
- 10g Palladium**
- 10g Phosphorus**
- 10g Potassium**
- 10g Radium**
- 10g Rubidium**
- 10g Selenium**
- 10g Silver**
- 10g Sodium**
- 10g Strontium**
- 10g Sulfur**
- 10g Tantalum**
- 10g Tellurium**
- 10g Thallium**
- 10g Thorium**
- 10g Tin**
- 10g Vanadium**
- 10g Xenon**
- 10g Zinc**
- 10g Zirconium**
- 10g Bismuth**
- 10g Antimony**
- 10g Tellurium**
- 10g Barium**
- 10g Beryllium**
- 10g Cadmium**
- 10g Cesium**
- 10g Cerium**
- 10g Chlorine**
- 10g Chromium**
- 10g Cobalt**
- 10g Copper**
- 10g Fluorine**
- 10g Gadolinium**
- 10g Germanium**
- 10g Gold**
- 10g Hafnium**
- 10g Helium**
- 10g Hydrogen**
- 10g Iodine**
- 10g Iron**
- 10g Lead**
- 10g Lithium**
- 10g Magnesium**
- 10g Manganese**
- 10g Mercury**
- 10g Molybdenum**
- 10g Nickel**
- 10g Nitrogen**
- 10g Osmium**
- 10g Oxygen**
- 10g Palladium**
- 10g Phosphorus**
- 10g Potassium**
- 10g Radium**
- 10g Rubidium**
- 10g Selenium**
- 10g Silver**
- 10g Sodium**
- 10g Strontium**
- 10g Sulfur**
- 10g Tantalum**
- 10g Tellurium**
- 10g Thallium**
- 10g Thorium**
- 10g Tin**
- 10g Vanadium**
- 10g Xenon**
- 10g Zinc**
- 10g Zirconium**
- 10g Bismuth**
- 10g Antimony**
- 10g Tellurium**
- 10g Barium**
- 10g Beryllium**
- 10g Cadmium**
- 10g Cesium**
- 10g Cerium**
- 10g Chlorine**
- 10g Chromium**
- 10g Cobalt**
- 10g Copper**
- 10g Fluorine**
- 10g Gadolinium**
- 10g Germanium**
- 10g Gold**
- 10g Hafnium**
- 10g Helium**
- 10g Hydrogen**
- 10g Iodine**
- 10g Iron**
- 10g Lead**
- 10g Lithium**
- 10g Magnesium**
- 10g Manganese**
- 10g Mercury**
- 10g Molybdenum**
- 10g Nickel**
- 10g Nitrogen**
- 10g Osmium**
- 10g Oxygen**
- 10g Palladium**
- 10g Phosphorus**
- 10g Potassium**
- 10g Radium**
- 10g Rubidium**
- 10g Selenium**

Build Your Own Trail Mix



1. Pick a Protein
All the Nuts and Seeds!! Pick a few different ones ;)
2. Add a Whole Grain
Popcorn, Pretzel, Whole Grain Cereal...
3. Add a little Crunch
Apple Chips, Banana Chips, Coconut Chips.
4. Spice it Up
Cayenne, Cinnamon, Black Pepper, Sea Salt, Pumpkin Spice Mix...
5. Sweeten the Pot
Dried fruit, Raisins, Mini Chocolate Chips, Coconut Flakes...

-

Don't forget to make a list of what you need from the store! It will help you stay on track.

[illegible]

Trail Mix



- 
1. Pick a Protein
All the Nuts and Seeds!! Pick a few different ones ;)
 2. Add a Whole Grain
Popcorn, Pretzel, Whole Grain Cereal...
 3. Add a little Crunch
Apple Chips, Banana Chips, Coconut Chips.
 4. Spice it Up
Cayenne, Cinnamon, Black Pepper, Sea Salt, Pumpkin Spice Mix...
 5. Sweeten the Pot
Dried fruit, Raisins, Mini Chocolate Chips, Coconut Flakes...

Build Your Own

- Always keep 1 can of beans - quick protein!
 - Extra Virgin Olive Oil - best oil choice
 - Spices - Black Pepper, Salt, Cinnamon, Cayenne, Cumin, Garlic Powder, Italian Seasoning Blend, Paprika, & any pre-made seasoning mix
 - 1 frozen dinner meal
 - 1 microwaveable quick breakfast
 - 1-2 frozen veggies
 - 1 frozen fruit
- 



Daily Schedule

What does your day look like?
Write it out. Does your schedule
change per day? Make a few
different copies. There is more time
in the day than we realize.
Sometimes we need to write things
out. Where do you have free time?
Can you prep ingredients? Can you
cook tomorrow's lunch?

TODAY'S FOCUS	
6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	
12:00	
12:30	
1:00	
1:30	
2:00	
2:30	
3:00	
3:30	
4:00	
4:30	
5:00	
5:30	
6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	

Protein 101

How to cook different protein
sources!

Chicken

- Baked: 400 F, 10 min, flip 15 min.
Middle no longer pink
- Skillet: Medium Heat (oil in pan).
10 min on one side till the edges
turn colors / then flip chicken,
cover, 10 minutes
- KEY: Make sure chicken is no
longer pink

Ground Protein

- Coat pan with oil/cooking spray
- Medium Heat
- 10-15 minutes till no longer pink
(chicken, turkey), or till its
browned (beef)
- Make sure to break up meat with
spatula or wooden spoon

Fish

- White Fish (think tilapia, cod,
etc.): Pat the fish dry and season
one side, place that side down in a
pan over medium heat (oil in the
pan), cook for 2-3 minutes, season
the top of the fish & flip it so that
the newly season side is down.
Cook for another 2-3 minutes.
- Salmon in a Skillet: Bring it to
room temperature, in a pan with
oil over medium-low heat cook the
salmon skin side up for about 4
minutes, then flip it skin side
down and cook until it feels firm
(about 3 minutes)
- Salmon in the Oven: 450 degrees,
12-15 minutes
- Shrimp: Turns pink when cooked