Prep for a healthy lunch

Finding time for a healthy lunch can be tricky. But a filling lunch packed with protein and fiber not only prevents an afternoon crash, it’ll keep you full and give you energy until dinnertime. Skipping lunch, on the other hand, drops your blood sugar and can lead to overeating later in the day.

Meal prepping saves time during your busy work week. By assembling healthy lunches for the week, you’ll lessen the lure of fast food or missing lunch altogether. It also helps if you’re following a specific diet or sticking to a budget.

Certain foods lend themselves to easy lunch prep. Salads are a good example: Make enough for the week and separate into smaller containers with dressing on the side. Another well-balanced, nutritious choice is a Japanese-inspired bento box, or a lunch box divided into sections. Examples for a bento box include:

- **Starch** – rice or noodles
- **Protein** – meat, fish or eggs
- **Vegetables** – cooked or raw carrots, snow peas or pickled veggies
- **Fruit** – some grapes, cherries or apple slices

Need a versatile, healthy recipe to get you on your way? Try this salmon salad mix served over lettuce or in a wrap or pita.

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Salmon salad mix
Yield: 2 cups
Prep time: 10 minutes
Ingredients
• 1 can salmon (14.75 oz, drained)
• 1 cup dill or sweet pickle relish (or chopped pickles)
• 1 cup plain nonfat yogurt
• 2 tablespoons light mayonnaise
• 2 tablespoons lemon juice (about 1/2 lemon)

Steps
1. Remove skin and large bones from salmon. In a medium bowl, break up salmon with a fork.
2. Add relish, yogurt, mayonnaise and lemon juice.
3. Mix until well combined.
4. Chill before serving.

You’ll learn:
• The role of food in treating and preventing disease
• Cooking skills while making new, delicious recipes
• The principles of the Mediterranean diet

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