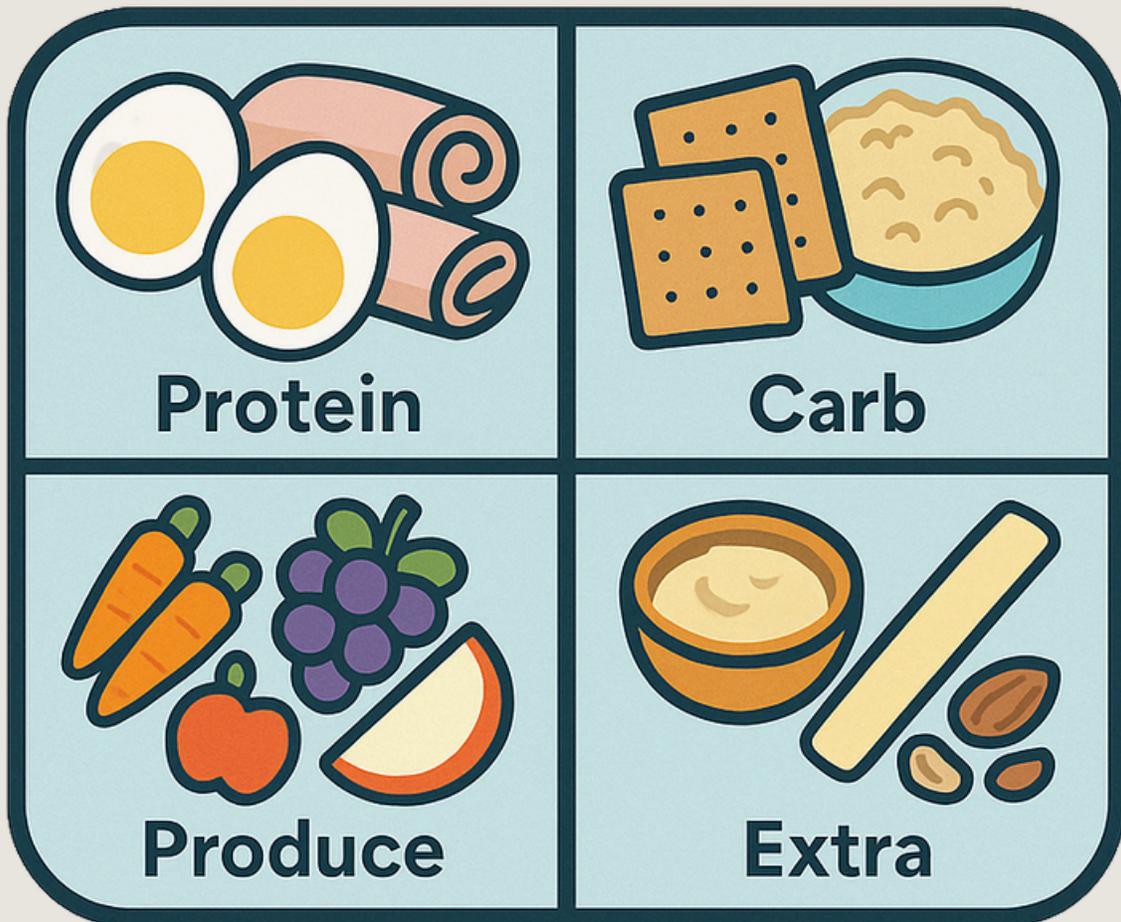
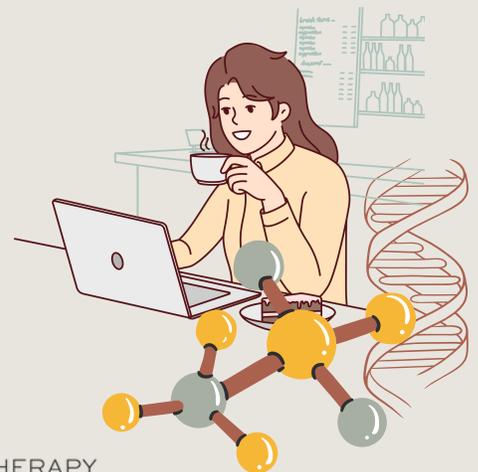


10-Minute Lunch Kit 1 : Low effort, balanced eating



Quick Examples:

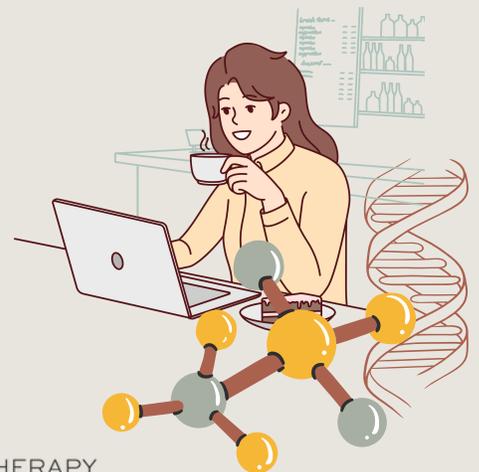
- **Protein:** Boiled eggs, turkey roll ups, cottage cheese cup
- **Carbs:** Crackers, pita bread, cereal
- **Produce:** Baby carrots, grapes, apple slices
- **Extra:** hummus, cheese stick, nuts



10-Minute Lunch Kit 1 : Low effort, balanced eating

Quick Examples:

1. Turkey & cheese roll-ups with crackers, grapes, and baby carrots
2. Hummus with pita bread, cucumber slices, and a cheese stick
3. Cottage cheese with whole grain crackers, cherry tomatoes, and fruit cup
4. Hard-boiled eggs with pretzels, apple slices, and nut butter packet
5. Rotisserie chicken with tortilla wrap, baby carrots, and grapes



10-Minute Lunch Kit 1 : Low effort, balanced eating

Quick Examples:

1. Tuna pouch with crackers, snap peas, and trail mix
2. String cheese with whole grain toast, cucumber slices, and grapes
3. Deli roll-ups with chips, cherry tomatoes, and hummus cup
4. Greek yogurt with granola, banana, and a handful of nuts
5. Peanut butter sandwich with baby carrots and apple slices

