kitchen checklist:

Making the Perfect Lunch

Follow these simple steps to create a well-balanced and nutritious lunch.

+ two | veggies

- O - salad
- O - snap peas
- O - carrot sticks
- O - celery sticks
- O - broccoli
- O - cucumber slices
- O - bell peppers
- O - sweet potato
- O - veggie soup
- O - green beans
- O - corn
- O - potato salad
- O - coleslaw
- O - cherry tomatoes
- O - asparagus
- O - zucchini
- O - avocado
- O - pumpkin
- O - lima beans
- O - cauliflower

+ two | fruits

- O - applesauce
- O - grapes
- O - strawberries
- O - blueberries
- O - fruit leather
- O - mango
- O - watermelon
- O - cantaloupe
- O - banana
- O - raisins
- O - orange slices
- O - kiwi
- O - raspberries
- O - peach
- O - pear
- O - cherries
- O - plum
- O - honeydew
- O - fruit cocktail
- O - tangerine

pick one | grain

- O - brown rice
- O - pasta
- O - crackers
- O - tortilla
- O - pretzels
- O - granola bar
- O - sandwich
- O - popcorn
- O - oatmeal
- O - cereal

+ one | protein

- O - black beans
- O - meat
- O - nut butter
- O - hummus
- O - hard-boiled eggs
- O - cheese cubes or string
- O - energy bites
- O - cottage cheese
- O - trail mix
- O - yogurt

+ one | drink

- O - almond milk
- O - milk
- O - 100% fruit juice
- O - water
- O - smoothie

(Cut along the line)