

5 Lunch Box Ideas



Discover lunchbox meal ideas that will tantalize your taste buds and simplify your life! Get inspired and savor every bite, wherever you may be!

Preparation 5 min

Cooking 0-10 min

Servings 1

Ingredients

Lunch box "Western"

- ½ (40g) green bell pepper, medium, julienned
- ½ (40g) yellow bell pepper, medium, julienned
- 125 ml (½ cup) blueberries
- 30 g (¼ cup) marbled cheese, light version (19% M.F.), diced
- 6 units (28 g) low-sodium crackers
- 4 slices (33 g) plant-based turkey (or deli meat of choice)

Mediterranean lunch box

- ? of a medium English cucumber, sliced
- 60 mL (¼ cup) cashews, unsalted

- 6 (30 g) Kalamata olives
- 30 mL (2 tablespoons) yogurt-based tzatziki
- 8 cherry tomatoes
- 4 cocktail size bocconcini
- 1 medium egg, hard-boiled

Vegetarian lunch box with tofu and edamame

- 250 mL (1 cup) baby carrots
- 85 g ($\frac{3}{4}$ cup) extra-firm tofu, cubed and baked
- 60 mL ($\frac{1}{4}$ cup) frozen shelled soybeans (edamame), cooked in microwave (see manufacturer's instructions)
- 30 mL (2 tablespoons) original hummus
- 1 medium apple, sliced into wedges

Sweetened lunch box with Greek yogurt and maple berries

- 180 mL ($\frac{3}{4}$ cup) plain skyr yogurt (0% M.F.)
- 250 mL (1 cup) strawberries or berries of your choice
- 60 mL ($\frac{1}{4}$ cup) granola of your choice (we used Isabelle Huot's - cereal granola with pumpkin seeds, raisins and chai spices)
- 15 mL (1 tablespoon) 100% pure maple syrup

Lunch box smoked salmon and cream cheese

- 250 mL (1 cup) strawberries or berries of choice
- $\frac{1}{2}$ of a medium English cucumber, sliced
- 30 mL (2 tablespoons) light cream cheese
- 8 cherry tomatoes
- 6 units (28 g) low sodium crackers
- 2-3 slices (50 g) smoked salmon
- 15 mL (1 tablespoon) capers (optional)

Preparation

1. Assemble ingredients in a snack box.

Notes

Can be stored for 5-7 days in the refrigerator



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