



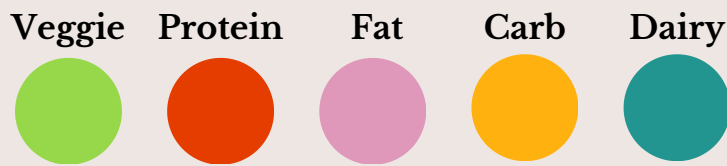
Lunch in the Office



Finding healthy meals you can eat while in the office can sometimes be a challenge but Fork Friendly is here to help! Each table below represents amazing lunches and how to build a well-rounded meal. Stack ingredients to create higher or lower-calorie options depending on your hunger levels.



TIP: Use the colors to understand which food group an item belongs to.



Build a Salad Bowl

Click images to find substitutes!



| Calorie Options | Calories Per Serving | Carbs Per Serving | Build a Salad Bowl |
|-------------------|----------------------|-------------------|---|
| | 25 | 0 | 1/2 pkg Heart of Romaine |
| | 100 | 0 | 1 pkg Star-Kist Low Sodium Chunk Light Tuna |
| | 70 | 0 | 1 pkg Hellmann's Real Mayonnaise To-Go |
| | 25 | 5 | 8 Cherry Tomatoes |
| 300 | 100 | 16 | 5 Triscuit Crackers |
| 400 | 100 | 0 | 1/3 cup HEB 2% Mozzarella Shredded |
| 500 | 100 | 15 | 1 Oikos Triple Zero Yogurt |
| Total Carb | | 36 | |

Light options!

Moderate options!

Complete options!

Chophouse Crunch Salad



| Calorie Options | Calories Per Serving | Carbs Per Serving | Chophouse Crunch Salad |
|-------------------|----------------------|-------------------|--|
| | 267 | 13 | 2.5 c Dole Chophouse Crunch Chopped Kit |
| 300 | 50 | 0 | 1 String Cheese |
| 400 | 100 | 5 | 1 Yucatan Guacamole Pack or 1/4 lg fresh Avocado |
| 500 | 100 | 18 | 1/2 cup Goya Black Beans Reduced Sodium |
| Total Carb | | 36 | |

Greek Pasta Bowl & Sides



| Calorie Options | Calories Per Serving | Carbs Per Serving | Greek Pasta Bowl & Sides |
|-------------------|----------------------|-------------------|-----------------------------------|
| | 250 | 28 | 1 cup HEB Greek Pasta Salad |
| 300 | 70 | 0 | 1/2 cup President's Fat Free Feta |
| 400 | 90 | 0 | 1/4 large Avocado |
| 500 | 80 | 9 | 1 Dannon Light & Fit Greek Yogurt |
| Total Carb | | 37 | |

Hummus, Crackers & Egg



| Calorie Options | Calories Per Serving | Carbs Per Serving | Hummus, Crackers & Egg |
|-------------------|----------------------|-------------------|---|
| | 80 | 0 | 1 Boiled Egg |
| | 90 | 16 | 12 Reduced Fat Wheat Thins |
| 300 | 120 | 8 | 2 oz snack pack Roasted Red Pepper Hummus |
| 400 | 90 | 0 | 1 Boiled Egg (2 total) |
| 500 | 100 | 15 | 1 Oikos Triple Zero |
| Total Carb | | 39 | |

Chicken Salad & Crackers



| Calorie Options | Calories Per Serving | Carbs Per Serving | Chicken Salad & Crackers |
|-------------------|----------------------|-------------------|---|
| | 70 | 0 | 1 pkg StarKist Chicken Salad |
| | 90 | 16 | 12 Reduced Fat Wheat Thins |
| | 70 | 16 | 2 snack bags of carrots (18 carrots) |
| 300 | 50 | 0 | 1 String Cheese |
| 400 | 120 | 8 | 2 oz snack pack Roasted Red Pepper Hummus |
| 500 | 70 | 0 | 1 pkg StarKist Chicken Salad |
| Total Carb | | 40 | |

P3 & Crackers



| Calorie Options | Calories Per Serving | Carbs Per Serving | P3 & crackers |
|-------------------|----------------------|-------------------|---|
| | 190 | 4 | P3 Ham, almonds, and Cheddar |
| | 15 | 3 | 3 Mini Cucumbers |
| 300 | 90 | 16 | 12 Reduced Fat Wheat Thins |
| 400 | 120 | 8 | 1 container HEB Roasted Red Pepper Hummus |
| 500 | 100 | 10 | SkinnyPop Popcorn White Cheddar |
| Total Carb | | 41 | |

P3 & Fruit



| Calorie Options | Calories Per Serving | Carbs Per Serving | Portable Protein Pack & Fruit |
|-------------------|----------------------|-------------------|--|
| | 180 | 4 | 1 pack P3-Turkey/Cheddar/Almonds |
| 300 | 120 | 30 | 1 Banana |
| 400 | 90 | 8 | 1 Mini Kind Bar - Carmel Almond & Sea Salt |
| 500 | 100 | 0 | 100 Calorie Nut Pack |
| Total Carb | | 41 | |

Frozen Entrée & Snacks



| Calorie Options | Calories Per Serving | Carbs Per Serving | Frozen Entrée & Snacks |
|-------------------|----------------------|-------------------|--|
| | 180 | 20 | 1 Healthy Choice Café Steamers-Beef Merlot |
| | 25 | 6 | 1 Bolthouse Farms Carrot Pack |
| 300 | 120 | 8 | 1 togo HEB Red Pepper Hummus |
| 400 | 80 | 8 | 1 Dannon Light & Fit Greek Yogurt |
| 500 | 100 | 0 | 100 Calorie Nut Pack |
| Total Carb | | 42 | |

Tuna Salad Kit



| Calorie Options | Calories Per Serving | Carbs Per Serving | Tuna Salad Kit |
|-------------------|----------------------|-------------------|---|
| | 230 | 7 | 1 Bumble Bee Tuna Salad Kit with crackers |
| 300 | 60 | 15 | 1 Apple |
| 400 | 90 | 8 | 1 Mini Kind Bar |
| 500 | 80 | 12 | 1 Dannon Light & Fix Mixed Berry Smoothy |
| Total Carb | | 43 | |

Cottage Cheese & Snacks



| Calorie Options | Calories Per Serving | Carbs Per Serving | Cottage Cheese & Snacks |
|-------------------|----------------------|-------------------|---|
| | 220 | 22 | 2 Breakstone Cottage Cheese Doubles |
| 300 | 75 | 16 | 8 Quaker Mini Apple Cinnamon Rice Cakes |
| 400 | 100 | 0 | 100 Calorie Nut Pack |
| 500 | 90 | 8 | 1 Mini Kind Bar |
| Total Carb | | 46 | |

Chili and Rice



| Calorie Options | Calories Per Serving | Carbs Per Serving | Chili and Rice |
|-------------------|----------------------|-------------------|---|
| | 245 | 32 | 1/2 can Amy's Low Sodium Chili |
| 300 | 50 | 0 | 1 String Cheese |
| 400 | 110 | 10 | 1/2 container Green Giant Ready Packet Cauliflower Rice |
| 500 | 100 | 5 | 1 Yucatan Guacamole Pack or 1/4 lg fresh Avocado |
| Total Carb | | 47 | |

Bagel & Cheese



| Calorie Options | Calories Per Serving | Carbs Per Serving | Bagel & Cheese |
|-------------------|----------------------|-------------------|---|
| | 100 | 20 | 1 Pepperidge Farms Whole Wheat Mini Bagel |
| | 100 | 0 | 3 wedges Light Laughing Cow |
| 300 | 80 | 15 | 1 Apple |
| 400 | 90 | 3 | 1/2 pkg Justin's Almond Butter |
| 500 | 90 | 3 | 1/2 pkg Justin's Almond Butter |
| | 25 | 6 | 1 pkg Baby Carrots |
| Total Carb | | 47 | |

Burrito Bowl



| Calorie Options | Calories Per Serving | Carbs Per Serving | Burrito Bowl |
|-------------------|----------------------|-------------------|--|
| | 210 | 19 | Healthy Choice Spicy Black Bean and Chicken Power Bowl |
| 300 | 52 | 13 | 1/2 cup Green Grapes |
| 400 | 100 | 0 | 100 Calorie Nut Pack |
| 500 | 120 | 15 | 1 Oikos Triple Zero Yogurt |
| Total Carb | | 47 | |

Chicken Salad & Crackers



| Calorie Options | Calories Per Serving | Carbs Per Serving | Chicken Salad and Crackers |
|-------------------|----------------------|-------------------|------------------------------------|
| 300 | 220 | 5 | 1/2 c HEB Tarragon Chicken Salad |
| | 90 | 15 | 9 Blue Diamond Multi-Seed Crackers |
| 400 | 100 | 0 | 100 Calorie Nut Pack |
| | 70 | 16 | 2 Snack Bags of Carrots |
| 500 | 52 | 13 | 1/2 c green grapes |
| Total Carb | | 49 | |

PB&J and Snacks



| Calorie Options | Calories Per Serving | Carbs Per Serving | PB&J and snacks |
|-------------------|----------------------|-------------------|---|
| | 190 | 23 | 1 uncrustable reduced sugar on wheat |
| | 80 | 15 | 1 Apple |
| 300 | 25 | 6 | 1 pkg baby carrots |
| 400 | 120 | 8 | 1 container HEB Roasted Red Pepper Hummus |
| 500 | 100 | 0 | 100 Calorie Nut Pack |
| Total Carb | | 52 | |