



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.



Carb



Non-starchy
Veggie



Protein



Fat



Fruit

Build a Salad Bowl



Click images to
find substitutes!



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Build a Salad Bowl
	25	0	1/2 pkg	Heart of Romaine
	25	5	8	Cherry Tomatoes
	120	2	1/2 pkg	Oscar Mayer Natural Slow Roasted Turkey Breast
	80	7	2 Tbsp	Ken's Lite Raspberry Walnut Vinaigrette Dressing
300	60	9	2 Tbsp	The Good Bean Chickpeas
400	90	7	1 container	Oikos Triple Zero Yogurt
500	100	17	5 pc	Triscuit Crackers
Total Carb		47		

Light
Options!

Moderate
options!

Complete
options!

P3 & Crackers



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	P3 & crackers
	170	3	1 pack	P3 Ham, almonds, and Cheddar
	20	4	3	Celery Sticks
300	90	4	1 Tbsp	Barney Peanut Butter
400	140	5	1 pkg	Quest Ranch Protein Chips
500	60	15	1	Small Apple
Total Carb		31		

Greek Pasta Bowl & Sides



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Greek Pasta Bowl & Sides
	260	23	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 container	Dannon Light & Fit Greek Yogurt
Total Carb		32		

Sunflower Crunch Salad



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Sunflower Crunch Salad
	170	13	1/3 bag	Dole Sunflower Crunch
	60	1	1 pc	Kraft Reduced-Fat Mozzarella String Cheese
300	70	2	2 Tbsp	Wholly Guacamole Classic Guac
400	100	0	2 pc	Eggland's Best Hard Cooked Eggs
500	100	18	1/2 cup	Goya Black Beans Reduced Sodium
Total Carb		34		

Meatball Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	PB&J and snacks
	190	9	3 pc	HEB Mild Italian Style Chicken Meatballs
	60	10	1 cup	Green Giant Riced Cauliflower Medley
300	50	3	1/2 cup	Bird's Eye - Steamfresh Edamame in the Pod
400	90	14	1 cup	Better Goods Fruit Blends Super Green
500	100	2	2 Tbsp	Diamond Shelled Walnuts
Total Carb		38		

Frozen Entrée & Snacks



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Frozen Entrée & Snacks
	180	20	1	Healthy Choice Café Steamers-Beef Merlot
300	100	6	1 cup	Bird's Eye - Steamfresh Edamame in the Pod
400	80	9	1 container	Dannon Light & Fit Greek Yogurt
500	100	4	1 pkg	100 Calorie Nut Pack
Total Carb		39		

Teriyaki Salmon Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Chicken Salad and Crackers
	70	13	1/3 cup	Minute Ready to Serve Brown Rice
	90	0	1/2 cup	Safe Catch Pacific Pink Salmon, no salt added
	130	9	1/3 cup	Seapoint Farms Roasted Edamame
300	15	4	1 Tbsp	Kikkoman Less Sodium Teriyaki Sauce
	20	3	1 cup	Green Giant Broccoli Steamer
400	80	5	1/4	Medium Avocado
500	90	7	1 container	Oikos Triple Zero Yogurt
Total Carb		41		

P3 & Fruit



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Portable Protein Pack & Fruit
	180	4	1 pack	P3- Turkey/Cheddar/Almonds
300	120	30	1	Banana
400	90	8	1	Mini Kind Bar - Caramel Almond & Sea Salt
500	100	4	1 pkg	100 Calorie Nut Pack
Total Carb		46		

Bagel & Cheese



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Bagel & Cheese
	186	32	2/3 bagel	Dave's Killer Bread Epic Everything Organic Bagels
	75	3	3 wedges	Light Laughing Cow
300	25	6	1 container	Dole No Sugar Added Diced Peaches
	30	6	4 sticks	Fresh Celery Sticks
400	70	5	2 Tbsp	Sabra Classic Hummus
500	100	2	4 slices	Applegate Naturals Smoked Turkey
Total Carb		47		

Cottage Cheese & Snacks



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Cottage Cheese & Snacks
	130	14	1 pkg	Breakstone Cottage Cheese Doubles
	75	16	8 pc	Quaker Mini Apple Cinnamon Rice Cakes
	70	5	1 oz	Country Archer Turkey Jerky Hickory Smoke
300	25	1	1 wedge	The Laughing Cow Garlic & Herb
400	100	4	1 pkg	100 Calorie Nut Pack
500	90	8	1	Mini Kind Bar
Total Carb		48		

Tuna Salad Kit



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Tuna Salad Kit
	270	27	1 kit	Chicken of the Sea Packet Up! White Tuna Salad Kit
300	30	8	1 pkg	Dole Mixed Fruit Bowl
400	100	4	1 pkg	100 Calorie Nut Pack
500	80	9	1 bottle	Dannon Light & Fit Mixed Berry Smoothie
Total Carb		48		

Chili and Rice



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Chili and Rice
	245	32	1/2 can	Amy's Low Sodium Chili
300	50	10	1.5 cup	Green Giant Cauliflower Rice Medley
400	100	2	2 sticks	Frigo Light String Cheese
500	80	5	1/4	Medium Avocado
Total Carb		49		

Burrito Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Burrito Bowl
	210	19	1 pkg	Healthy Choice Spicy Black Bean and Chicken Power Bowl
300	52	13	1/2 cup	Green Grapes
400	100	4	1 pkg	100 Calorie Nut Pack
500	120	15	1 container	Oikos Triple Zero Yogurt
Total Carb		51		

Chicken Salad & Crackers



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Chicken Salad and Crackers
	220	5	1/2 cup	HEB Tarragon Chicken Salad
300	90	15	9 pc	Blue Diamond Multi-Seed Crackers
400	100	4	1 pkg	100 Calorie Nut Pack
	70	16	2 bags	Snack Bag of Carrots
500	52	13	1/2 cup	Green Grapes
Total Carb		53		

PB&J and Snacks



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	PB&J and snacks
	190	23	1	Uncrustable Reduced Sugar Peanut Butter & Grape on Wheat
	80	15	1	Apple
300	25	6	1 pkg	Fresh Baby Carrots
400	60	5	2 Tbsp	HEB Deli Traditional Hummus
500	100	4	1 pkg	100 Calorie Nut Pack
Total Carb		53		

Chicken Salad & Crackers



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Chicken Salad and Crackers
300	220	5	1/2 cup	Walmart Rotisserie Chicken Salad
	90	15	9 pc	Blue Diamond Multi-Seed Crackers
400	100	4	1 pkg	100 Calorie Nut Pack
	70	16	2 bags	Snack Bags of Carrots
500	52	13	1/2 cup	Green grapes
Total Carb		53		

Hummus, Crackers & Egg



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Hummus, Crackers & Egg
	80	0	1	Boiled Egg
	105	17	12 pc	Reduced Fat Wheat Thins
300	150	9	1 pkg	Mini Sabara Red Pepper Hummus
400	60	15	15	Grapes
	45	8	1 bag	Single serving baby carrots (4 oz)
500	90	7	1 container	Oikos Triple Zero
Total Carb		56		