



Lunch At Home



Preparing healthy meals in minutes just became a cinch! Our Fork Friendly program selects the most nutrient-dense product within each food group to help you build a well-rounded meal. Find menus that appeal to your taste buds and stack ingredients based on your hunger levels or energy needs



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



Carb



Non-starchy
Veggie



Protein



Fat



Fruit

Cobb Salad Crunch

Click images to
find substitutes!



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Cobb Salad
	40	8	3 cups	Dole Classic Romaine
	60	0	1	Nest Hard Boiled Egg
	60	0	2 slices	Butterball Turkey Bacon
	120	2	3 oz	Tyson Grilled Chicken Breast Strips
Light Options!	300	4	2 Tbsp	Bragg Apple Cider Vinaigrette
Moderate options!	400	16	11 pc	Wheat Thin Reduced Fat Crackers
Complete options!	500	0	2	Babybel Light Cheese
Total Carbs		30		

Turkey Spinach Roll-Ups



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Turkey Spinach Roll-Ups
	300	3	4 slices	Applegate Naturals Smoked Turkey Breast
	30	3	2 Tbsp	Great Value Fat Free Cream Cheese
300	10	1	1 cup	Dole Spinach Salad Mix
	30	7	1 pack	Gateway Farms Baby Carrots
400	45	2	2 Tbsp	Boars Head Ranch Greek Yogurt Dip
500	70	15	1 pkg	Brother's Freeze-Dried Banana
Total Carbs		31		

Stuffed Sweet Potato



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Stuffed Sweet Potato
	55	12	3 oz	Small sweet potato with skin
	35	0	1 Tbsp	I Can't Believe It's Not Butter Original
	170	0	2 patties	HEB Premium Pork Breakfast Sausage - Hickory Smoke Flavored
300	80	1	1/4 cup	Sargento Reduced Fat 4 Cheese Mexican
400	50	7	6 pc	Green Giant Seasoned Brussels Sprouts
	35	1	2 Tbsp	Daisy Light Sour Cream
500	65	11	1/2 bag	Dole Boosted Blends Blueberry and Banana Protein Smoothie Blend
Total Carbs		32		

Creamy Egg Salad



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Avocado Egg Salad
	140	0	2	Kroger Hard Cooked Peeled Eggs
	90	0	2 Tbsp	Kraft Avocado Oil Mayo
300	90	18	2 slice	Sarah Lee Delightful Multigrain
400	84	3	2 Tbsp	Seapoint Farms Dry Roasted Edamame
	60	15	15 pc	Fresh Green/Red Grapes
500	45	0	1 stick	Sargento Reduced Fat Mozzarella Stick
Total Carbs		36		

Tuna and Rice Delight



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Tuna Rice Bowl
	130	0	1 can	Starkist Very Low Sodium Chunk White Albacore Tuna in water
	65	13	1/3 cup	Ben's Original Ready Whole Brown Rice
	70	2	2 Tbsp	Hellman's Light Mayo
	15	3	1/2 cup	Chopped Tomatoes
300	50	3	2 Tbsp	Avocado Now
400	80	1	1/4 cup	Kraft Part Skim Mozzarella
500	105	15	9 pc	Mary's Gone Crackers - Original
Total Carbs		37		

Crispy Crunch Taco Salad



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Taco Salad
	40	8	3 cups	Dole Classic Romaine
	110	3	3 oz	John Soules Chicken Fajitas
	140	17	15 chips	Veggie & Seed Blend Tortilla Chips
300	20	4	4 Tbsp	Green Mountain Mild Salsa
400	90	1	1/4 cup	Kroger Reduced Fat Mexican Shredded Cheese
500	90	4	1/4	Large avocado
Total Carbs		37		

Savory Salmon Tacos



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Salmon Tacos
	80	17	2	La Banderita White Corn Tortillas
	100	2	1 fillet	Gorton's Natural Catch Grilled Salmon
	10	1	1 cup	Dole Spinach Salad
	90	2	2 Tbsp	Kraft Reduced Fat Mayo w/ Olive Oil
300	30	8	1/2 cup	Great Value No Sugar Added Sliced Peaches
400	90	1	1/4 cup	Kroger Reduced Fat Mexican Shredded Cheese
500	120	9	1/3 cup	Sea Point Farms Roasted Edamame
Total Carbs		40		

Zucchini Noodles with Meatballs



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Zucchini Noodles w Meatballs
	210	9	3 pc	Impossible Plant Based Homestyle Meatballs
	20	3	1 cup	Green Giant Zucchini Veggie Spirals
300	80	8	1/2 cup	Muir Glen Italian Herb Pasta Sauce
	5	3	1 cup	Fresh Spinach
400	80	12	2 Tbsp	Kens Steak House Lite Sweet Vidalia Onion Dressing
500	90	8	1/4 cup	Shredded Daiya Mozzarella Cheese
Total Carbs		43		

Classic Tuna Salad Sandwich



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Tuna Salad Sandwich
	100	0	3 oz	Wild Planet Albacore Tuna No Salt
	90	2	2 Tbsp	Kraft Reduced Fat Mayo w/Olive Oil
	13	3	1/2 cup	Cucumber, cubed
	5	0	1 slice	Tomato
300	90	18	2 slices	Sarah Lee Delightful Multigrain Bread
400	80	4	1/4	Large Avocado
500	110	16	1 container	Chobani Nonfat Yogurt with Fruit
Total Carbs		43		

Snack Plate



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Snack Plate
	90	0	3 oz	Market Side Natural Applewood Smoked Turkey Breast
	140	0	2 slices	HEB Reduced Fat Cheddar Cheese
300	60	15	1	Small Apple
	30	6	1 cup	HEB Organics Vegetable Medley
400	60	5	3 Tbsp	Boars Head Ranch Greek Yogurt Dip
500	110	19	12 pc	Crunch Master Multi Seed Crackers
Total Carbs		45		

Spicy Roast Beef Sandwich



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Roast Beef Sandwich
	70	1	2 oz	Dietz & Watson Roast Beef
	100	18	2 slices	Sola Golden Wheat Bread
	7	2	1 cup	Dole Classic Romaine
	60	0	1 slice	Sargento Reduced Fat Pepper Jack
	0	0	1 tsp	Melinda's Garlic Pepper Hot Sauce
300	45	5	1/2 cup	Bird's Eye Fire Roasted Carrots
400	140	5	1 pkg	Quest Hot n Spicy
500	64	15	1 cup	Fresh Raspberries
Total Carbs		46		

Savory Brunch Plate



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Savory Brunch Plate
	90	1	3 links	Applegate Savory Turkey
	45	11	2/3 cup	Ore Ida Potatoes O'Brien
	35	4	1/2 cup	Green Giant Simply Steam Antioxidant Blend
300	140	0	2	Large White Eggs Scrambled
	60	14	1 slice	Dave's Killer 21 Grain Bread
400	45	2	2 Tbsp	Good Foods Avocado Mash
	50	13	1 pkg	No Sugar Added Mott's Applesauce Cups
500	40	2	1 cup	Blue Diamond Almond Breeze Chocolate Unsweetened
Total Carbs		47		

Southwest Chicken Quesadilla



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Chicken Quesadilla
	100	22	2	La Tortilla Factory Whole Wheat Low Carb
	100	2	3 oz	Kroger Grilled Chicken Breast Strips
	90	1	1/4 cup	Kroger Reduced Fat Mexican Style Cheese
300	25	2	1 cup	Sliced Bell Peppers, cooked
400	100	18	1/2 cup	Goya Low Sodium Black Beans
	70	2	2 Tbsp	Wholly Guacamole Classic Guac
500	35	1	2 Tbsp	Daisy Light Sour Cream
Total Carbs		48		

Grilled Fish with Couscous



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Grilled Fish with Couscous
	120	5	1 fillet	Gorton's Natural Catch Grilled Cod Garlic & Herb fillet
300	190	38	1 cup	Bob's Red Mill Whole Wheat Pearl Couscous cooked
	20	3	2 cups	Kroger Italian Style Blend
400	70	0	1 Tbsp	Tessemae's Classic Italian Dressing
500	86	2	2 Tbsp	Blue Diamond Lightly Salted Almonds
Total Carbs		48		

Spicy Mayo Salmon Burger



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Salmon Burger
	120	3	1 patty	Kroger Salmon Burger Patty
	130	24	1 bun	Nature's Own 100% Whole Wheat Bun
	15	1	1 slice	Tomato
	0	0	1 tsp	Lola's Fine Hot Sauce Original
300	35	1	1 Tbsp	Hellmann's Light Mayo
	25	6	1 pkg	Bolthouse Farms Baby Carrots
400	70	5	2 Tbsp	Sabra Classic Hummus
500	95	10	8 chips	Beanitos Black Bean Chips
Total Carbs		50		

Cheesy Hot Dog



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Hot Dog
	90	10	2	Ball Park Smoke White Turkey Franks
	70	16	1 bun	Oroweat Keto Bread Hot Dog Bun
	45	2	1/4 cup	Kraft Fat Free Natural Cheddar Cheese, shredded
300	63	5	3 oz	Cece's Veggie Noodle Co. Grillerz Z-cut Summer Squash
400	90	14	1 cup	Bettergoods Fruit Blends, Green Smoothie
500	140	5	1 bag	Quest Chips Ranch
Total Carbs		52		

Black Bean Burger



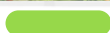
Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Black Bean Burger
	100	10	1 patty	Morning Star Spicy Black Bean Burger
	130	24	1 bun	Nature's Own Hamburger Bun
	60	4	1 slice	Chao Field Roast Cream Original Cheese
300	10	2	2 Tbsp	Green Mountain Mild Salsa
	80	5	2 Tbsp	Sabra Roasted Pine Nut Hummus
400	25	5	1 cup	Raw Carrots
500	90	4	1/4	Large Avocado
Total Carbs		54		

Avocado Chicken Wrap



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Chicken Wrap
	120	0	3 oz	HEB Meal Simple White Meat Shredded Chicken
	120	22	1	Kroger Whole Wheat Tortilla
	40	0	1/4 cup	HEB Fat Free Shredded Mozzarella
	15	5	2 cups	HEB Hearts of Romaine Lettuce
300	15	1	1 slice	Tomato Slice
400	100	8	1/2	Medium Avocado
500	100	18	1/2 cup	Goya Low Sodium Black Beans
Total Carbs		54		

Simply Beef & Broccoli



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Beef & Broccoli Healthy Choice Steamers
	280	32	1 pkg	Healthy Choice Simply Steamers Beef & Broccoli
300	40	8	3 cups	Dole Classic Romaine Salad Mix
400	80	12	2 Tbsp	Kens Steak House Lite Sweet Vidalia Onion Dressing
500	80	2	1/4 cup	Kroger Shredded Mozzarella
Total Carbs		54		

Chicken Salad with Crackers



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Chicken Salad with Crackers
	120	0	3 oz	HEB Meal Simple Shredded Chicken
	70	4	2 Tbsp	Kraft Light Mayonnaise
	21	5	1.5 cup	Chopped Fresh Celery
300	97	16	11 pc	Reduced Fat Wheat Thins Crackers
400	95	25	1	Medium Apple
500	90	7	1 container	Oikos Triple Zero Yogurt
Total Carbs		57		

Mediterranean Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Chickpea Salad
	30	6	1/2 cup	Cherry tomatoes, halved
	15	4	3/4 cup	Cucumber, sliced
	130	22	1/2 cup	Bush's Low Sodium Garbanzo Beans
	50	1	1/4 cup	Athenos Crumbled Feta Reduced Fat
300	80	0	1 Tbsp	Tessemæ's Balsamic Vinaigrette
	45	2	12 pc	Early California Extra Large Black Olives
400	60	15	1	Small Apple
500	80	8	1 container	Dannon Light & Fit Greek, any flavor
Total Carbs		58		

Chicken Sandwich



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Chicken Sandwich
	160	12	1 patty	Banquet Chicken Patty
	140	26	2 slices	Dave's Killer Thin Sliced Good Seed Bread
300	15	1	1 slice	Tomato
400	90	4	1/4	Large Avocado
500	95	16	8 pc	Alexia Sweet Potato Fries
Total Carbs		59		

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