

3 Quick and Healthful *Make & Take Lunches* for Busy People on the Go

Get ready to eat differently with a few basic ideas that will expand your possibilities for healthful, delicious lunches. These go-to recipes—mostly gluten- and dairy-free—will boost your energy, pull in your waistline, and inspire you to come up with your own ideas!

Lunch #1: Lettuce Wraps

This is an easy, satisfying alternative to bread that you can eat with your fingers. It's gluten free and very low in calories, so you won't spike your blood sugar. My prediction: Before long you'll prefer this to a sandwich because you'll feel energized and sharp afterward, instead of in bad need of a nap or latte!



Start with clean romaine lettuce leaves. Dress them up as follows:

1. Put a stripe or two of mayo/mustard/salad dressing on the lettuce leaf.
2. Layer in the desired filling.
3. Add some onion, tomatoes, pickles, avocado, etc.
4. Roll up the lettuce leaf so that its contents are securely inside. Insert a toothpick to keep it together, if necessary.
5. Pack your wrapped leaves neatly into a wide, flat container.

Combinations to try:

- Roast beef, brie + honey mustard
- Turkey, provolone + pesto
- Ham, Swiss + mayo & avocado
- Leftover steak/chicken (+ steak sauce, Sriracha or BBQ sauce)
- Egg salad, tuna salad, chicken salad, or salmon salad

Note: Pack fillings separately if you plan to heat up the wraps.

Leftovers are key to having quick and easy lunches. Whether cooking or buying your dinners, remember to think ahead and plan enough for a lunch or two as well.

Lunch #2: Roasted Veggies & _____!

Think lunch in Tuscany, where vegetables are the stars of the meal and flavors are robust. The blank is intentional because [roasted vegetables](#) go well with everything. They are easy to make, and they store well, so make a big batch to take you through the week. Roast whatever is in season and change it up for variety.



Combinations to try:

- Roasted veggies + hummus and brown rice or other whole grain
- Roasted veggies + meatloaf, sausage, or roast chicken (add some pesto or marinara for further flavor)
- Roasted veggies + pasta: lasagna, pasta salad, or tortellini with pesto

Whatever you have on hand, just add your roasted veggies. It will come together beautifully!

Lunch #3: Antipasto

[Antipasto](#) is the traditional first course of a formal Italian meal. But it's also a way to create a healthy on-the-go lunch. Combine cooked, raw, or marinated vegetables, cold meats, cheeses, bread or crackers, fruit, and whatever else appeals to you. Presto! You've got a meal. Many of these items come in jars and cans, so keep some on hand for when you need them.

Try some of these classic antipasto ingredients:

- Ham, salami, prosciutto, other cold cuts, Italian-style tuna, anchovies
- Roasted peppers, marinated artichokes hearts, marinated mushrooms, olives, grilled asparagus, marinated beans, pepperoncini
- Feta, fresh mozzarella, provolone



Tomatoes and other raw vegetables are a nice addition, along with hummus, [lemon artichoke dip](#), or a creamy dressing. A crusty piece of bread or gluten-free crackers will round out this repeat-worthy meal.



Linda is an expert at helping people take back control of their health and their lives. Her unique approach allows them to feel better faster and to enjoy making lasting changes that produce the results they are looking for.

Stop by her [blog](#) for more recipes and healthy eating tips!

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