



## The Home Office Entrepreneur's Lunch List

If you are lucky enough to work from home, you have the opportunity to expand your food options at lunch time. Having access to a refrigerator, stove top, oven and/or microwave will allow you to prepare healthy lunches in a short amount of time.

Taking time out for lunch will give you a needed break, help you stay healthy, avoid weight gain, keep your brain alert and focused, and ultimately allow you to be more accomplished at the end of the day.

Before you can begin preparing a healthy lunch, you'll need to have the products on hand to do so. Early in the week, a trip to the grocery store, or a call in to your market's delivery service, will assure you have the ingredients on hand you need. Here is a sample list of the things I want in my kitchen to keep it well stocked with lunch choices and healthy snacks. You'll need to adjust this list to your food preferences, allergies and taste.

### **Produce** (varies with the season):

- apples
- pears
- strawberries
- blueberries
- grapes
- oranges
- bananas
- avocado
- pre-cut baby carrots
- sugar snap peas
- grape tomatoes
- romaine lettuce
- cucumbers
- peppers
- pre-cleaned & packaged baby spinach
- celery
- onions
- garlic

## **Dairy**

- lo or no fat plain greek yogurt
- lite cottage cheese
- hummus
- lo-fat shredded cheeses & cheese sticks
- skim milk
- whipped cream cheese
- organic, cage-free eggs
- container of egg whites

## **Frozen Foods**

- Assorted veggie burgers (my favorite brand is Morning Star Tomato & Basil Pizza Burger)
- Edamame
- Individually wrapped white meat turkey burgers
- Tabachnik soups
- Bags of frozen veggies (Trader Jo's are the best!)
- Bags of frozen berries

## **Deli & Prepared Foods**

- Roasted turkey breast
- Roasted chicken breast
- Rotisserie chicken
- Poached salmon

## **Grocery Goods**

- Canned and/or carton packed soups (Trader Jo's, Amy's and Pacific Brand are my favorites.)
- Canned tuna packed in water
- Canned beans
- Mary's Gone Cracker Brand Crackers
- Nuts (TJ has several types in individual portion controlled bags.)
- Whole grain cereals
- Cereal and Power Bars
- Salsa
- Variety of mustards
- Lo-fat Mayonnaise
- All natural (no sugar added) Apple Sauce- individually packed
- Agave Syrup

## **Bakery Goods**

- Thomas' 100 Calorie English Muffins
- Thomas' Toaster Whole Wheat Bagels
- Arnold's Flat Breads
- Whole wheat pita
- Whole wheat bread

Here are a few things I try do over the weekend, right after shopping, or at dinner time:

- Hard boil a half dozen eggs
- Clean & cut romaine lettuce. Line a gallon size plastic bag with paper toweling (to absorb moisture) and store.
- Clean and cut peppers into strips and keep in produce preserving Tupperware containers (Rubbermaid makes them too!)
- About once a month I prepare Turkey Chili for dinner, doubling the amount needed for that night. Then I freeze individual size containers.
- Double prep the amount of salad needed for one night and store left overs in Tupperware salad container.
- Grill or broil extra chicken and/or turkey cutlets.

Just from my grocery list, I am sure you can begin to guess many of the things I eat for lunch. But I'll share with you many of my favorites which might not be quite so apparent, or can help jump start your own creative ideas for at home healthy lunches during your work week. Please email me at [Ellen@EllenGCoaching.com](mailto:Ellen@EllenGCoaching.com) with any of your favorites that might not be on this list so I can add them in and share them with other entrepreneurs.

### **My favorite lunches:**

- Left over salad with added protein (chopped egg, tuna, turkey, salmon, cheese or chicken)
- Left overs from the previous nights dinner.
- Left overs from restaurant meals (Since almost every restaurant's portions are at least double a normal serving size, I always take home half. My friends say, "If Ellen's not walking out with a take home container, the food was lousy or the place served really small portions." Luckily, this hardly ever happens.)
- Egg white veggie & cheese omelets. I either use packaged spinach, or left-over prepared veggies from the previous night's dinner.
- Mexican omelet made with salsa, avocado and lo-fat shredded cheese.
- Veggie or Turkey burger on English Muffin or flat bread.
- Hummus and pepper strips on pita bread.
- Turkey or chicken sandwiches.
- Tuna Salad or Egg Salad sandwich or platter with left over salad.
- Yogurt with fruit and cereal.
- Turkey chili defrosted the night before.
- Soup and salad or half sandwich.