

Building a Balanced Lunch

The Base

1.5 - 2 cups

Arugula
Kale
Mixed Greens
Spinach



STEP

1

The Protein

3 - 4 oz. OR 3/4 cup

Beans
Cottage Cheese
Eggs
Fish
Lentils
Tofu/Tempeh
Meat
Ricotta Cheese
Poultry



The Starch

1/2 - 1 cup

Barley
Brown or Wild Rice
Corn
Couscous
Farro
Sweet Potato
Quinoa



STEP

02

The Additions

1/2 - 1 cup

Asparagus
Artichokes
Avocado
Beets
Bell Pepper
Broccoli
Carrots
Onion
Sprouts
Apple
Blueberries
Mango
Grapes
Orange
Pear
Pomegranate
Tomato

The Toppers

1 -2 tbsp.

Herbs

Basil
Cilantro
Chives
Dill
Mint
Parsley

Nuts

Almonds
Peanuts
Pecans
Pine Nuts
Walnuts

Cheese

Goat Cheese
Feta Cheese

Seeds

Chia Seeds
Hemp Seeds
Pumpkin seeds

STEP

04

The Dressing

Hummus
Salsa
Tahini
Viniagrette



STEP

05