

# Lunch Ideas

©Hevil's Healthy Devil

Whole Wheat Tortilla  
Turkey Ham  
Cheese

Side: fruit & [cookie](#)

Cubed sweet potatoes  
w/ steamed veggies and  
turkey sausage

Side: fruit or cookie

Brown Rice/ Quinoa

Chicken/Tofu  
Steamed Veggies

Salad:

Spinach leaves, Roasted  
chickpeas, Craisins,  
Dressing, Feta cheese

Side: Sweet potato

Whole Wheat  
Pasta  
w/ added veggies  
and black beans

Veggie Burger

Toppings: lettuce, avocado,  
tomato, cheese,  
ketchup

Side: Sweet Potato Fries

Whole Wheat  
Mac and  
Cheese