



Recommendations for a container with two 1-cup compartments + one 2-cup compartment (example container)

- Fill up this compartment with cooked, chilled, and sliced or cubed beef, pork, chicken, turkey, fish, or hard-boiled egg; cooked chilled shrimp; and/or cheese.
- The compartment will hold 5 oz weight.
- With an average of 7 g of protein per oz, you will have about 35 grams of quality protein.\*
- Completely fill this compartment with a dark leafy green salad mix (do not pack down).
- Top with about 1 cup of colorful raw or leftover cooked non-starchy veggies, such as shredded carrot, grape tomatoes, or cooked beets.
- Add some fruit (about 1/4 cup), such as sliced apple, pear, or peaches with skin, berries, or citrus sections.

Use this compartment to put one of the following:

- ½ cup cooked whole grain, such as brown rice or quinoa; cooked dried beans, peas, or lentils; and/or other starchy veggie(s)
- 2 Wasa multigrain or gluten-free crispbread wafers\*
- ¾ oz whole grain crackers (for example, 11 Wheat Thins\* or 5 Triscuit\*)

Pack a small cup with 1 tbsp olive oil + 1 tbsp vinegar or pre-portioned oil and vinegar packets OR 2 tbsp of your favorite vinaigrette dressing.

**\*If you need a little more protein, consider packing another item(s)<sup>1</sup>**

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| 1 cooked & peeled hard-boiled egg (6 g)          | 4 oz cottage cheese cup (12 g)                            |
| 1 oz (1/3 cup) roasted edamame or soynuts (14 g) | 5.3 oz cup zero sugar Greek yogurt (15 g)                 |
| 1 oz all-natural beef or turkey stick (9 g)      | 5.3 oz cup soymilk yogurt (6 g)                           |
| 1 oz cheese stick (7 g)                          | 8 oz unflavored low-fat dairy milk box (8 g)              |
| 1 oz beef or turkey jerky (12 g)                 | 8 oz unflavored soymilk box (8g)                          |
| 2.5 oz seasoned tuna pouch (16 g)                | 14 oz lactose-free ultrafiltered dairy milk bottle (23 g) |

<sup>1</sup>Protein grams are approximate. Check product labels for precise amounts.