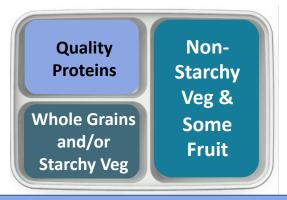


Muscle-Centric Three-Compartment Lunch Box Example



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 <u>non-starchy veggies</u>, 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 <u>pre-portioned oil and vinegar packets</u> OR 2 tbsp of your favorite <u>vinaigrette dressing</u>.

*If you need a little more protein, consider packing another item(s)1

1 cooked & peeled hard-boiled egg (6 g)

1 oz (1/3 cup) roasted edamame or soynuts (14 g)

1 oz all-natural beef or turkey stick (9 g)

1 oz cheese stick (7 g)

1 oz beef or turkey jerky (12 g)

2.5 oz seasoned tuna pouch (16 g)

4 oz cottage cheese cup (12 g)

5.3 oz cup zero sugar Greek yogurt (15 g)

5.3 oz cup soymilk yogurt (6 g)

8 oz unflavored low-fat dairy milk box (8 g)

8 oz unflavored soymilk box (8g)

14 oz lactose-free ultrafiltered dairy milk bottle (23 g)

¹Protein grams are approximate. Check product labels for precise amounts.