

Grab and Go “Components”

I always encourage meal planning, and having a good supply of leftovers ready in the fridge for tomorrow’s lunch or a quickie dinner. But, life gets busy and you may find yourself leaving for work with nothing to take.

Instead of resorting to eating out, not eating at all, or blowing your day on a calorically dense non nutritious store bought item like a muffin or a donut, think about building your meals and snacks from nutritious “components”

What are the components of a balanced meal?

- A protein source
- A carb source
- A healthy fat source
- Fruits and veggies are important too

With this in mind, if planning meals is overwhelming, or you don’t have time to pack a lunch or plan your snacks, see chart below. Stock some of these grab and go components to build a balanced meal in seconds. Note that many of these foods are a combo of protein, carb, fat...

A couple LUNCH examples could look like this:

2% Cottage cheese (snack size container)

1 Apple

15 whole grain Triscuit crackers

2-3 slices deli turkey

Half Red pepper

2 Hardboiled eggs

1 slices whole grain bread

handful baby carrots

1 pear

1/4 avocado

Proteins	Carbs	Fats	Fruits/Veg
Cottage cheese (they have these and greek yogurts in snack size containers)	Dates/prunes/dried apricots/figs	Almonds/walnuts (1 oz is enough. Try pre-packaged baggies for portion control)	Peppers
Greek yogurts	Whole grain crackers	Peanut Butter	Carrots
Hummus	Whole grain bread/Tortillas	Almond butter	Mini Cucumbers
Silken Tofu or flavoured Tofu packs	Leftover homemade popcorn in a baggie	Avocado (halved and kept in skin makes it easy for scooping and not messy)	Cherry Tomatoes
Sliced grilled chicken, turkey	Rice Cakes	Olives	Snap Peas
Lean Deli meats (low sodium is best)	Grain salads or whole grain pasta salads (make once have for the week - add in veg, feta, olives and chicken for a complete meal)		Apples, Pears, Peaches
Hard boiled eggs	Some cereals are balanced put some in a baggie for a snack (try Kashi Go lean Crisp Cinnamon flavour - a serving has 8g fibre, 10g protein and 22 g usable carbs)		Bananas
Latte (unsweetened, 1% milk)	Make and freeze some high protein pancakes or muffins (look for recipes with whole wheat flour, cottage cheese, eggs, milk, even whey protein and use more fruit to replace the fats) you can defrost and throw in your bag I've tried this one: http://www.ambitiouskitchen.com/2013/04/oatmeal-cottage-cheese-banana-pancakes-high-in-protein-gluten-free/		Berries/grapes/cherries
Drained Canned Chickpeas/kidney/white beans			Oranges
Canned tuna (if you'll have a can opener at work)			