



Simple Lunch Ideas for Home

bravo

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Vegetables	Fruit	Protein	Whole Grains/ Healthy Starch
Artichokes	Apples	Animal Based	Amaranth
Arugula	Apricots	Chicken breast	Brown Rice
Asparagus	Banana	Egg whites	Barley
Bamboo shoots	Blackberries	Eggs	Buckwheat
Beetroot	Blueberries	Roasted turkey breast	Bulgur
Bell Peppers	Cantaloupe	Salmon	Farro
Bok choy	Cherries	Shrimp	Millet
Broccoli	Clementines	Tuna	Quinoa
Broccoli Rabe	Dates	Plant Based	Wheat Berry
Brussels sprouts	Figs	Tofu	Whole grain tortilla
Cabbage	Grapefruit	Tempeh	Whole grain pasta
Carrots	Grapes	Beans:	Whole grain pita
Cauliflower	Guava	<i>Adzuki beans</i>	Whole grain bread
Celery	Honeydew Melon	<i>Black beans</i>	Whole grain English muffin
Cucumbers	Kiwifruit	<i>Black-eyed peas</i>	Whole grain crackers
Eggplant	Mandarin	<i>Chickpeas</i>	Starchy Vegetables
Fennel	Mango	<i>Edamame</i>	Sweet potato
Green Beans	Mulberries	<i>Fava beans</i>	Potatoes
Kale	Nectarine	<i>Lentils</i>	Peas, corn, carrots
Leeks	Orange	<i>Lima beans</i>	Beans
Lettuce, iceberg	Papaya	<i>Pinto Beans</i>	
Lettuce, leaf	Passion Fruit	<i>Red Kidney beans</i>	
Lettuce, romaine	Peaches	Nuts/Seeds:	
Mushrooms	Pear	<i>Almonds</i>	
Onions	Pineapple	<i>Cashews</i>	
Peas	Plums	<i>Chia Seeds</i>	
Potatoes	Pomegranate	<i>Flaxseeds</i>	
Radishes	Prickly Pear	<i>Peanut butter</i>	
Rhubarb	Raspberries	<i>Peanuts</i>	
Salad greens	Strawberries	<i>Pumpkin Seeds</i>	
Spinach	Watermelon	<i>Sunflower seeds</i>	
Sugar Snap peas			
Turnip greens			
Turnips			
Yellow summer squash			
Zucchini, green			

*Lean meats are defined by the U.S. Dietary Guidelines as containing less than 10g fat, 4.5g or less of saturated fats and less than 95 mg of cholesterol per 100g and per labeled serving size.