

Healthy tips for packing multiple lunches

1

Buy large packages of chicken breasts for sandwiches. Cook and freeze.

2

Buy a whole turkey breast, cook, slice and freeze.

3

Wash lettuce and wrap in wet paper towels and put into plastic bags.

4

Buy bulk packages of low-fat string cheese.

5

Set up an assembly line when making multiple sandwiches.

6

Purchase large rolls of plastic wrap.

7

Purchase large bags of fresh cut up vegetables.

8

Make a large container of trail mix. Use raw nuts, raisins, whole wheat unsalted pretzel sticks and whole grain Chex cereal. Add a few mini-M & M's. Watch portion size.