

# 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 your portion size!

