

## Mix & Match Picnic Style Lunches for Adults and Kids

Figuring out lunch for ourselves and kids can be a headache. Getting out the door in the morning is hectic. Sometimes there is no dinner leftover to pack for lunch, or the thought of eating it again is less than appetizing. With a few staple ingredients, you can throw together customizable, fast, healthy, and practically no-cook picnic style lunches for the whole family. Here's what to keep on hand:

### Proteins:

Tuna packets

Hard boiled eggs (you can make a dozen in a pressure cooker in minutes)

Firm cheese - any shape such as sliced, string, or cubed

Spreadable cheese wedges (ex. Laughing Cow)

Cottage cheese

Yogurt

Lunch meat/cold cuts

Edamame - thawed

Nuts (ex. pistachios, peanuts, almonds, cashews)

Nut/seed butter (ex. peanut, almond, cashew, or sunflower butter)

Hummus

Canned beans - unsalted, drained, and rinsed (ex. garbanzo, black, pinto)

Extra firm tofu - lightly fried or baked

Natural pepperoni slices or salami

Rotisserie chicken, deboned and shredded

### Fruits/Vegetables:

Celery sticks

Persian cucumbers

Peppercinis or bell pepper slices

Grape tomatoes

Sugar snap peas

Berries

Grapes

Clementine oranges

Apples

Avocado (or Guacamole)

### Grains:

Rye crackers

Brown rice crackers

Whole wheat English muffins

Whole wheat mini pitas

Whole wheat tortillas or corn tortillas

Blue corn tortilla chips

Cooked quinoa or brown rice

### Sauces:

Salsa, salad dressing, hoisin sauce, tzatziki, pesto

### Fun Combinations:

\*Almost Starbucks Box: Apple Slices/Grapes + HB Egg + Cheese + PB + ½ English Muffin

\*California Picnic Box: Turkey + Guacamole + Cheese + Wheat Pita + Strawberries + Celery

\*Farmer's Market Basket: Salami + Cheese + Rye crackers + Apple Slices + Snap Peas

\*Greek Picnic Box: Garbanzo Beans (w/ dressing) + Wheat Pita + Peppercinis + Hummus

