

HEALTHY MEALS

ON THE GO



Lighten Your Lunch Without Lightening Your Wallet With These 14 Easy Recipes

BUSY SCHEDULES can make it hard to take the time to prepare meals. It often seems easier to grab some fast food for lunch, but over time the effects of high-fat, high-sodium and high-sugar foods can take a tremendous toll on your body and overall wellbeing. Not only is fast food unhealthy, but it is a poor choice for your wallet. Initially, it may seem cheaper, but when the bills from a whole week – or month – of dining out are compared to what

could have been purchased in a grocery store and prepared at home, it is easy to see how much more economical it is to pack a lunch.

Asset Health has created a two-week plan of *Healthy Meals on the Go* to help ease both your wallet and your mind. Taking some time the night before to pack a lunch will contribute to saving both money and enhancing your health. You may even find the process to be fun and tasty, too!

DAY	WEEK ONE	WEEK TWO
MONDAY	Mediterranean Wrap	Avocado and Tomato Chicken Sandwich
TUESDAY	Italian Vegetable Hoagies	Greek Salad With Broccoli
WEDNESDAY	Kale and Quinoa Bowl	Spicy Tuna Wrap
THURSDAY	Ravioli and Vegetable Soup	Creamy Asparagus and Potato Soup
FRIDAY	Quinoa With Smoked Tofu	Turkey Caesar Sandwich
SATURDAY	Tomato With Tuna and Tarragon Salad	Miso Sweet Potato and Broccoli Bowl
SUNDAY	Turkey, Corn and Sun-Dried Tomato Wraps	Creamy Avocado and White Bean Wrap

WEEK ONE MONDAY

→ Mediterranean Wrap

**Time: 40 minutes****Serving Size: 4**

Calories: 479

Protein: 34 g

Fat: 17 g

Saturated Fat: 3 g

Carbohydrates: 49 g

Cholesterol: 67 mg

Sodium: 653 mg

Fiber: 5 g

Added Sugar: 0 g

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| ½ cup water | ¼ teaspoon salt, divided |
| ⅓ cup couscous, preferably whole-wheat | ¼ teaspoon freshly ground pepper |
| 1 cup chopped fresh parsley | 1 pound chicken tenders |
| ½ cup chopped fresh mint | 1 medium tomato, chopped |
| ¼ cup lemon juice | 1 cup chopped cucumber |
| 3 tablespoons extra-virgin olive oil | 4 spinach or sun-dried tomato wraps or tortillas |
| 2 teaspoons minced garlic | |

Directions

1. Bring water to a boil in a small saucepan. Stir in couscous and remove from the heat. Cover and let stand for five minutes. Fluff with a fork and set aside.
2. Meanwhile, combine parsley, mint, lemon juice, oil, garlic, ⅛ teaspoon salt and pepper in a small bowl.
3. Toss chicken tenders in a medium bowl with 1 tablespoon of the parsley mixture and the remaining ⅛ teaspoon salt.
4. Transfer to a clean cutting board. Cut into bite-size pieces when cool enough to handle.
5. Stir the remaining parsley mixture into the couscous along with tomato and cucumber.
6. To assemble wraps, spread about ¾ cup of the couscous mixture onto each wrap.
7. Divide the chicken among the wraps.
8. Roll the wraps up like a burrito, tucking in the sides to hold the ingredients in.
9. Serve cut in half.

NOTE:

To cut down cooking time, you could alternatively use a pre-cooked, store-bought rotisserie chicken or all-natural chicken lunch meat. The leftover chicken can then be used for another recipe later in the week and the carcass can be frozen and/or used to make chicken stock.

WEEK ONE TUESDAY

→ Italian Veggie Hoagies



Time: 20 minutes

Serving Size: 4

Calories: 264

Protein: 14 g

Fat: 8 g

Saturated Fat: 3 g

Carbohydrates: 39 g

Cholesterol: 10 mg

Sodium: 624 mg

Fiber: 8 g

Added Sugar: 0 g

- ¼ cup thinly sliced red onion, separated into rings
- 1 14-ounce can artichoke hearts, rinsed and coarsely chopped
- 1 medium tomato, seeded and diced
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon dried oregano
- 1 16- to 20-inch-long baguette, preferably whole-grain
- 2 slices provolone cheese, (about 2 ounces), halved
- 2 cups shredded romaine lettuce
- ¼ cup sliced pepperoncini (optional)

Directions

1. Place onion rings in a small bowl and add cold water to cover. This makes the flavor less intense. Set aside while you prepare the remaining ingredients.
2. Combine artichoke hearts, tomato, vinegar, oil and oregano in a medium bowl.
3. Cut baguette into four equal lengths.
4. Split each piece horizontally and pull out about half of the soft bread from each side.
5. Drain the onions and pat dry.
6. To assemble sandwiches, divide provolone among the bottom pieces of baguette.
7. Spread on the artichoke mixture and top with the onion, lettuce and pepperoncini, if using.
8. Cover with the baguette tops.

WEEK ONE WEDNESDAY

→ Kale and Quinoa Bowl



Time: 25 minutes

Serving Size: 2 to 3

Calories: 332

Protein: 12 g

Fat: 14 g

Saturated Fat: 3 g

Carbohydrates: 41 g

Cholesterol: 10 mg

Sodium: 261 mg

Fiber: 6 g

Added Sugar: 2 g

- 2 cups water
- 1 cup quinoa
- 1 bunch kale (any kind will work), washed and chopped into 1-inch pieces
- 1 lemon, zested and juiced
- 2 scallions, minced
- 1 tablespoon olive oil
- 3 tablespoons toasted pine nuts or toasted chopped almonds
- ¼ cup crumbled goat cheese or feta cheese
- salt and pepper
- Optional: handful of dried cranberries

Directions

1. Bring 2 cups of water to boil in a covered pot with a large pinch of salt.
2. Add quinoa, lower heat to simmer, cover and simmer for 10 minutes. After eight to 10 minutes, when there's still some water left, add the chopped kale.
3. Cover, let simmer for five minutes, then turn off the heat and let it sit for five minutes covered.
4. Combine half of the lemon juice with zest, scallions, olive oil, nuts, and cheese.
5. Put quinoa kale mixture in a bowl.
6. Add the remaining ingredients to the kale and quinoa.
7. Serve and enjoy!

NOTE: ←

To toast the nuts, put them in a sauté pan (no oil) over low heat, stirring occasionally, until golden brown, about three to four minutes.

WEEK ONE THURSDAY

→ Ravioli and Vegetable Soup



Time: 25 minutes
Serving Size: 4 servings,
about 2 cups each

Calories: 264
 Protein: 11 g
 Fat: 9 g
 Saturated Fat: 3 g
 Carbohydrates: 38 g
 Cholesterol: 28 mg
 Sodium: 763 mg
 Fiber: 8 g
 Added Sugar: 0 g

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|---|--|---|---|
| 1 | tablespoon extra-virgin olive oil | 1 | ½ cups hot water |
| 2 | cups frozen bell pepper and onion mix, thawed and diced | 1 | teaspoon dried basil or marjoram |
| 2 | cloves garlic, minced | 1 | 6- to 9-ounce package of fresh or frozen cheese (or meat) ravioli, preferably whole-wheat |
| ¼ | teaspoon crushed red pepper, or to taste (optional) | 2 | cups diced zucchini, (about 2 medium size) |
| 1 | 28-ounce can crushed tomatoes, preferably fire-roasted | | Freshly ground pepper to taste |
| 1 | 15-ounce can vegetable broth or reduced-sodium chicken broth | | |

Directions

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| 1. | Heat oil in a large saucepan or Dutch oven over medium heat. | 3. | Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. | 5. | Add zucchini; return to a boil. |
| 2. | Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring for one minute. | 4. | Add ravioli and cook for three minutes less than the package directions. | 6. | Cook until the zucchini is crisp-tender, about three minutes. |
| | | | | 7. | Season with pepper. |

WEEK ONE FRIDAY

→ Quinoa With Smoked Tofu



Time: 35 minutes
Serving Size: 6 servings,
about 1 1/3 cups each

Calories: 228
 Protein: 9 g
 Fat: 10 g
 Saturated Fat: 1 g
 Carbohydrates: 26 g
 Cholesterol: 0 mg
 Sodium: 376 mg
 Fiber: 4 g
 Added Sugar: 0 g

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| 2 | cups water | 1 | 6- or 8-ounce package baked smoked tofu, diced |
| ¾ | teaspoon salt, divided | 1 | small yellow bell pepper, diced |
| 1 | cup quinoa, rinsed well | 1 | cup grape tomatoes, halved |
| ¼ | cup lemon juice | 1 | cup diced cucumber |
| 3 | tablespoons extra-virgin olive oil | ½ | cup chopped fresh parsley |
| 2 | small cloves garlic, minced | ½ | cup chopped fresh mint |
| ¼ | teaspoon freshly ground pepper | | |

Directions

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| 1. | Bring water and ½ teaspoon salt to a boil in a medium saucepan. | 3. | Spread the quinoa on a baking sheet to cool for 10 minutes. | 5. | Add the cooled quinoa, tofu, bell pepper, tomatoes, cucumber, parsley and mint; toss well to combine. |
| 2. | Add quinoa and return to a boil. Reduce to a simmer, cover and cook until the water has been absorbed, 15 to 20 minutes. | 4. | Meanwhile, whisk lemon juice, oil, garlic, the remaining ¼ teaspoon salt and pepper in a large bowl. | | |

NOTE: ←
The tofu in this recipe could be alternatively substituted for leftover chicken from Monday.

WEEK ONE SATURDAY

→ Tomato With Tuna and Tarragon Salad



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| 1/2 cup diced red onion | 1/4 cup packed fresh tarragon leaves, coarsely chopped |
| 1/3 cup reduced-fat mayonnaise | |
| 1/4 teaspoon kosher salt | 8 cups torn lettuce or mixed greens |
| Freshly ground pepper to taste | 1 pound small ripe tomatoes, cut into wedges |
| 2 6-ounce cans chunk light tuna in olive oil, drained | 1 lemon, cut into eight wedges |
| 2 stalks celery, thinly sliced (about 1 cup) | Freshly ground pepper to taste |

Time: 30 minutes

Serving Size: 4 servings

Calories: 259

Protein: 28 g

Fat: 10 g

Saturated Fat: 2 g

Carbohydrates: 15 g

Cholesterol: 15 mg

Sodium: 667 mg

Fiber: 3 g

Added Sugar: 0 g

Directions

- Place onion in a small bowl and cover with cold water. Refrigerate for 20 minutes. Drain.
- Whisk mayonnaise, salt and pepper in a medium bowl.
- Add tuna, celery, tarragon and onion; stir to combine.
- Serve on top of the lettuce (or mixed greens) with tomato and lemon wedges.

WEEK ONE SUNDAY

→ Turkey Corn and Sun-Dried Tomato Wraps



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| 1 cup corn kernels, fresh (see tip) or frozen (thawed) | 1 tablespoon red-wine vinegar or cider vinegar |
| 1/2 cup chopped fresh tomato | 8 thin slices low-sodium deli turkey (about 8 ounces) |
| 1/4 cup soft sun-dried tomatoes, chopped | 4 8-inch whole-wheat tortillas |
| 2 tablespoons canola oil | 2 cups chopped romaine lettuce |

Time: 20 minutes

Serving Size: 4 servings

Calories: 321

Protein: 19 g

Fat: 12 g

Saturated Fat: 1 g

Carbohydrates: 35 g

Cholesterol: 35 mg

Sodium: 682 mg

Fiber: 4 g

Added Sugar: 0 g

Directions

- Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
- Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce.
- Roll up. Serve the wraps cut in half, if desired.

WEEK TWO MONDAY

→ Avocado and Tomato Chicken Sandwich



Time: 5 minutes

Serving Size: 1 sandwich

Calories: 347

Protein: 31 g

Fat: 12 g

Saturated Fat: 2 g

Carbohydrates: 28 g

Cholesterol: 63 mg

Sodium: 258 mg

Fiber: 8 g

Added Sugar: 0 g

- 2 slices multigrain bread
- ¼ ripe avocado
- 3 ounces cooked, boneless, skinless chicken breast, sliced (use leftovers or alternatively, store-bought slices or rotisserie chicken)
- 2 slices tomato
- Optional: add spinach or lettuce

Directions

1. Toast bread.
2. Mash avocado with a fork and spread onto one piece of toast.
3. Top with chicken, tomato and the second piece of toast.

WEEK TWO TUESDAY

→ Greek Salad With Broccoli



Time: 30 minutes

Serving Size: 6 servings, about 1 ½ cups each

Calories: 264

Protein: 11 g

Fat: 6 g

Saturated Fat: 0 g

Carbohydrates: 44 g

Cholesterol: 14 mg

Sodium: 457 mg

Fiber: 6 g

Added Sugar: 0 g

Dressing

- 1 clove garlic, minced
- ¼ teaspoon salt
- ½ cup buttermilk
- ¼ cup low-fat mayonnaise
- 3 tablespoons chopped fresh oregano or 1 tablespoon dried
- 1 tablespoon distilled white vinegar

Directions

1. To prepare dressing: Mash garlic and salt in a medium bowl with the back of a spoon into a chunky paste. Add buttermilk, mayonnaise, oregano and vinegar; whisk until combined.
2. To prepare pasta salad, cook pasta in a large pot of boiling water according to package directions.
3. Drain, transfer to a large bowl and let cool.
4. Add broccoli, tomatoes, chickpeas, feta, pepper and the dressing; toss to coat.
5. Serve and enjoy!

Pasta Salad

- 8 ounces (about 3 cups) whole-wheat fusilli
- 2 cups chopped broccoli
- 1 ¾ cups halved grape or cherry tomatoes
- 1 15-ounce can chickpeas, rinsed
- ½ cup crumbled feta cheese
- Freshly ground pepper to taste

WEEK TWO WEDNESDAY

→ Spicy Tuna Wrap



- 2 5- to 6-ounce cans chunk light tuna, drained
- 1/3 cup low-fat mayonnaise
- 1 tablespoon hot sauce, such as Sriracha
- 1 scallion, chopped
- 2 cups cooked brown rice, cooled
- 2 tablespoons rice vinegar
- 4 10-inch whole-grain wraps
- 3 cups watercress leaves
- 1 ripe avocado, cut into 16 slices
- 1 small carrot, cut into matchsticks
- Reduced-sodium soy sauce for dipping

Time: 25 minutes

Serving Size: 4 servings

Calories: 515

Protein: 21 g

Fat: 17 g

Saturated Fat: 4 g

Carbohydrates: 71 g

Cholesterol: 17 mg

Sodium: 869 mg

Fiber: 9 g

Added Sugar: 2 g

Directions

1. Combine tuna, mayonnaise, hot sauce and scallion in a medium bowl.
2. Combine rice and vinegar in a small bowl.
3. Spread one-fourth of the tuna mixture over a wrap. Top with 1/2 cup rice, 3/4 cup watercress, 4 avocado slices and one-fourth of the carrot matchsticks.
4. Roll up and cut the wrap into quarters or in half.
5. Repeat with the remaining filling and wraps.
6. Serve with soy sauce for dipping, if desired.

WEEK TWO THURSDAY

→ Creamy Asparagus and Potato Soup



- 1 tablespoon extra-virgin olive oil plus 1 1/2 tablespoons, divided
- 1 medium shallot, chopped
- 3 cups low-sodium vegetable broth or chicken broth
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 1 cup diced peeled potato
- 2 teaspoons prepared horseradish
- 1/4 teaspoon salt
- 1 cup whole-wheat country bread cubes (1/4 inch)
- Sliced scallion greens for garnish

Time: 30 minutes

Serving Size: 1 cup soup and about 2 tablespoons croutons

Calories: 190

Protein: 5 g

Fat: 10 g

Saturated Fat: 1 g

Carbohydrates: 22 g

Cholesterol: 0 mg

Sodium: 338 mg

Fiber: 5 g

Added Sugar: 1 g

Directions

1. Heat 1 tablespoon of oil in a large saucepan over medium heat. Add shallot and cook, stirring until softened, two to three minutes. Add broth, asparagus, potato, horseradish and salt; bring to a boil.
2. Reduce heat and simmer until the vegetables are tender, about 15 minutes.
3. Puree with an immersion blender or in a regular blender. (Use caution when pureeing hot liquids.)
4. Meanwhile, heat the remaining 1 1/2 tablespoons oil in a large skillet over medium-high heat.
5. Reduce heat to medium, add bread cubes and cook, stirring, until browned and crispy, three to five minutes.
6. Serve the soup topped with the croutons and scallions, if desired.

WEEK TWO FRIDAY

→ Caesar Sandwich



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| 1 | tablespoon grated parmesan cheese | Salt and ground pepper |
| 2 | tablespoons light mayonnaise | 2 slices multigrain bread |
| 2 | teaspoons freshly squeezed lemon juice | 2 or 3 leaves romaine lettuce |
| 1 | dash Worcestershire sauce | 3 ounces thinly sliced smoked turkey |
| | | Optional: add fresh tomato slices |

Time: 5 minutes

Serving Size: 1 serving

Calories: 489

Protein: 33 g

Fat: 22 g

Saturated Fat: 6 g

Carbohydrates: 41 g

Cholesterol: 82 mg

Sodium: 1211 mg

Fiber: 7 g

Added Sugar: 7 g

Directions

- In a small bowl, combine parmesan, mayonnaise, lemon juice, and Worcestershire; season with salt and pepper.
- Spread on both bread slices.
- Break lettuce into large pieces; layer half on 1 slice of bread.
- Top with turkey, remaining lettuce, and bread.

NOTE: ←

If storing overnight, top bread with lettuce first, then dressing (to keep sandwich from getting soggy).

WEEK TWO SATURDAY

→ Miso Sweet Potato and Broccoli Bowl



Time: 1 hour

Serving Size: 4 servings

Calories: 494

Protein: 10 g

Fat: 28 g

Saturated Fat: 4 g

Carbohydrates: 54 g

Cholesterol: 0 mg

Sodium: 403 mg

Fiber: 7 g

Added Sugar: 7 g

For the Bowl

- 1 clove garlic, minced
- ¼ teaspoon salt
- ½ cup buttermilk
- ¼ cup low-fat mayonnaise
- 3 tablespoons chopped fresh oregano or 1 tablespoon dried
- 1 tablespoon distilled white vinegar

For the Miso-Sesame Dressing

- 1 tablespoon fresh ginger, minced
- 1 small garlic clove, minced
- 2 tablespoons white miso (the mildest kind)
- 2 tablespoons tahini
- 1 tablespoon honey
- ¼ cup rice vinegar
- 2 tablespoons toasted sesame oil
- 2 tablespoons olive oil

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→ Miso Sweet Potato and Broccoli Bowl *continued*

Directions

- Heat oven to 400 F. Place rice (or other grain of your choice) and cooking liquid in a rice cooker or on the stove. Cook according to package directions.
- Peel sweet potatoes and cut into 1-inch cubes. Cut tops off broccoli and separate into bite-sized florets. If your broccoli stems feel especially stiff, peel them (with the same vegetable peeler), then cut them into ½- to 1-inch segments.
- Coat one large or two smaller trays with a thin slick of olive oil.
- Layer sweet potatoes on tray(s) and sprinkle with salt and pepper.
- Roast for 20 minutes, until browning underneath.
- Flip and toss chunks around, then add broccoli to the tray(s), season again with salt and pepper, and roast for another 10 to 20 minutes, until broccoli is lightly charred at edges and sweet potato is fully bronzed and tender. Toss chunks around one more time if it looks like they're cooking unevenly.
- In a small skillet, toast black and white sesame seeds until fragrant. (You can do this in the oven if using an oven-proof skillet.) Set aside and let cool.
- While the vegetables roast, prepare sesame-miso dressing: Combine everything in a blender and run until smooth, scraping down sides once. Taste and adjust ingredients if needed.
- Assemble bowls: Scoop some rice/grains into each, then pile on the roasted sweet potatoes and broccoli. Coat lightly with sesame-miso dressing and finish with toasted sesame seed duo.
- Serve with extra dressing on the side for dipping, if desired.

WEEK TWO SUNDAY

→ Creamy Avocado and White Bean Wrap



Time: 25 minutes
Serving Size: 4 servings
 Calories: 346
 Protein: 12 g
 Fat: 17 g
 Saturated Fat: 4 g
 Carbohydrates: 44 g
 Cholesterol: 15 mg
 Sodium: 462 mg
 Fiber: 13 g
 Added Sugar: 0 g

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| 2 tablespoons cider vinegar | 1 15-ounce can white beans, rinsed |
| 1 tablespoon canola oil | 1 ripe avocado |
| 2 teaspoons canned chipotle chili in adobo sauce, finely chopped | ½ cup shredded sharp Cheddar cheese |
| ¼ teaspoon salt | 2 tablespoons red onion, minced |
| 2 cups shredded red cabbage | 4 8- to 10-inch whole-wheat wraps or tortillas |
| 1 medium carrot, shredded | |
| ¼ cup fresh cilantro, chopped | |

Directions

- Whisk vinegar, oil, chipotle chilies and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.
- Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
- To assemble the wraps, spread about ½ cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about ⅔ cup of the cabbage-carrot slaw.
- Roll up.
- Repeat with remaining ingredients.
- Cut the wraps in half to serve, if desired.



LUNCH IDEA QUICK-GUIDE

- Prepare quinoa or rice early in the week and chop up vegetables and store in air-tight containers, so you can throw all of the ingredients in a bowl and top with a dressing of your choosing.
- Prepare a big batch of soup early in the week and pre-portion out the soup, so you can grab and go.
- Buy a few types of wraps, such as tomato basil, spinach or whole-wheat. Cut up vegetables or meat you want on your wrap in advance. Then, spread some hummus, cheese or other garnish on the wrap and put on your toppings. It's easy, healthy and fast!
- Try a burrito with black beans, $\frac{1}{2}$ cup of brown rice, 2 tablespoons guacamole and salsa.
- Try 2 slices of multi-grain bread with 2 tablespoons raw peanut butter and honey.
- Try 1 cup of cooked quinoa with 1 cup black berries and $\frac{1}{4}$ cup pecans.
- Try 1 cup of sautéed or steamed vegetables with $\frac{1}{2}$ cup tofu.
- Try a salad with $\frac{1}{2}$ cup roasted chickpeas with light olive oil and apple cider vinegar.
- Try a protein shake made with half a banana, one scoop of protein powder, coconut milk and chia or hemp seeds.
- Try an oatmeal bowl: 1 banana, 2 tablespoons of sunflower seed butter, $\frac{1}{2}$ cup of cooked oatmeal with 1 cup of berries, sweetened with raw sugar, honey or pure maple syrup.
- Try 1 medium sweet potato with 1 cup of steamed broccoli and $\frac{1}{2}$ cup of brown rice with $\frac{1}{2}$ cup of black beans.
- Try 1 apple with $\frac{1}{4}$ cup of almonds and fresh carrots with 3 tablespoons of hummus.

Adapted From:

"Cheap Healthy Lunch Ideas for Work, EatingWell, eatingwell.com, Jan. 18 2016.

"Turkey Caesar Sandwich," Martha Stewart, marthastewart.com, Jan. 18 2016.

"Miso Sweet Potato and Broccoli Bowl," Smitten Kitchen, smittenkitchen.com, Jan. 18 2016.

"How to Make a Delicious Kale-Quinoa Bowl in 20 Minutes," BuzzFeed Life, buzzfeed.com, Jan 18. 2016.