

Protective Diet Class #039

Lunch Packing

Learn tips for protective meals on the go and the tools to make it easy. You cannot rely on drive-thru, vending machines and concessions for optimal health. This class demonstrates lunches you can throw together in minutes using leftovers and pantry staples.

Announcements

- Join us in [Protective Diet Living \(PDL\)](#) to get support.
- Attend the Saturday Morning [Live Coaching Hour](#) to get personal guidance on the application of a Protective Diet.

Action Steps for Packing Lunch

- **Make it Easy to Pack Food to Go**

- Packing lunch will be an addition to your practice and may seem like more work at first.
- Benefits mindset--packing lunch will keep you on plan, reduce stress & save money.
- No Excuses--You don't want to have any reasons why you can't pack your lunch so set yourself up. Make it easy.
- Pack Enough Food--How long will you be gone? Pack all 3 meals if you are going to be gone all day.

GET THE RIGHT TOOLS & GIVE THEM A DESIGNATED PLACE IN THE KITCHEN--Have multiples of each on hand

- [Insulated lunch box](#)/lunch purse + [Salad container](#) that fits perfectly in your lunch bag
- Smaller lunch bag/Snack pack for if you are just packing a snack
- [Large cooler](#) for a day trip/family picnic/tailgate meal or if you work long hours as a driver
- [Food storage containers](#)--Store them in an organized way to reduce hassle at lunch packing time
- [Thermos](#)--insulated to keep hot foods hot for 6-8 hours
- [Jar Funnel](#)--makes filling the thermos a mess-free task
- Cold Packs-- Give them a designated place in the freezer so it is easy to find
- [Reusable Water bottle](#)--Stop using plastic bottled water; use [Glass Water bottles](#) or repurposed bottle
- [Cloth Napkins](#) & reusable utensils

HAVE PD KITCHEN STAPLES & LEFTOVERS ON HAND FOR EASY LUNCH PACKING

- When you make a [Recipe](#), think ahead and make extra for lunch packing
- [Freeze](#) small portions of what you make for dinner (see the [Freezer Friendly](#) Recipe category)
- [Condiments](#): salad dressing, mayo, salsa (portion into small containers for grab & go convenience)
- Rice, Pasta or Potatoes--make extra for lunches
- [Buns](#) for sandwiches--individually wrap and freeze
- [Baked Tortilla Chips](#)--portion into smaller containers for grab & go convenience
- [Notzzarella Cheeze](#)--slice and store in a container in the fridge for quick sandwich assembly

- **Assemble Cold Food the Night Before**

- Include a side of chips & [salsa](#), veggie sticks & hummus, [fruit jar](#) or a [Breakfast Brownie](#)

SALAD

- Green Salad = prewashed mixed greens + starch (pasta/rice/corn tortillas/baked potatoes/potato wedges) + rinsed beans (chickpeas/kidney beans/black beans) + dressing in a little container on the side
- Pasta salad = pasta + veggies + [Daily Dressing](#)
- Burrito Bowl = [Black Bean and Corn Summer Salad](#) + [Brown Rice](#) + shredded Romaine Lettuce

SANDWICH

- Defrost a bun the night before, toast, bring to room temperature, spread with mayo or dressing, cheese or hummus, tomato, lettuce, cucumber, optional onion & herbs
- Wrap sandwiches in [parchment](#) for fun deli feel, write name or notes on the outside, then wrap in plastic wrap

LEFTOVERS

- Cold [BBQ Burger](#) or [Chia Seed Burger](#) on a [bun](#) with all the [toppings](#)
- Pizza--complete meal; pack with [parchment](#) between slices to keep toppings in place.
- [Potato wedges](#) with [Sweet & Spicy BBQ Sauce](#)
- [Grilled Veggies](#) on a [bun](#)

BREAKFAST FOR LUNCH--[puffed cereal](#) + [Plant Based Yogurt](#) or [soymilk](#) + fresh or frozen fruit

- **Assemble Hot Food in the Morning**

→ Heat it up at home instead of heating it up at work so you don't have to wait in line for a dirty microwave

SOUP OR CHILI

- Defrost a frozen portion of soup/[chili](#) on the counter over night
- Heat the [soup/chili](#) and use a funnel to scoop into a thermos, preheated with boiling water
- Cool your [soup](#) down by spooning out into a container at lunchtime or top a preassembled container of rice or pasta with chili toppings

LEFTOVERS

- [Baked Mac and Cheese](#)—reheat on stove with a little soymilk and pack in a hot thermos
- [Sweet & Sour Stir Fry](#) in thermos, rice in container

- **Snacks**

DRIVING/COMMUTING/TRAVEL

- [Air-Popped Popcorn](#)
- [Fruit Jars](#)—bring a fork; make up to 5 days ahead; liquid gathers on the bottom keeping top fruit crisp
- Veggie stick jars—veggie sticks with water and salt
- [Spicy Birdseed](#) in a jar

EMERGENCY SNACKS

- If you didn't pack food, the grocery store is your emergency option
- look for [unsweetened applesauce](#) in ½ cup containers, apples, grapes, berries, cherries, bananas, [corn tortillas](#)

- **Kids Lunches** (See the [Kids](#) recipe category for kid-tested recipes)

- Instruct children on how to use a [thermos](#)
- Pack 2 lunches in separate boxes if they are going to school and after school care
- Get feedback. Ask questions: What did you like about your lunch? What do you want on your sandwich?

Cooking Tips

- Julie describes how to make chili pepper chickpeas for a snack or salad crouton.

Student Q&A

Q: Do the [plastic jar lids](#) have a tight seal?

Q: Do you have a favorite container?

Q: Can you freeze the [tater tots](#)?

Encouragement

- Packing lunch will get simple. You will know the 5 things you like to bring in your lunch. You'll know how much food to pack. You won't have to make something special to take for lunch. You will get good at packing leftovers.
- There are so many [recipes](#) that are easy to pack up for lunch.
- Your lunchtime should be pleasurable and not something that you dread.

You are going to be packing the most awesome lunches
that everyone is going to envy.

Recommended Recipes

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|--|---|---|--|---|
| <input type="checkbox"/> Sweet & Sour Stir Fry | <input type="checkbox"/> Perfect Brown Rice | <input type="checkbox"/> Busy Day Chili | <input type="checkbox"/> Chickenless Noodle Soup | |
| <input type="checkbox"/> Garden Pasta Salad | <input type="checkbox"/> Popcorn | <input type="checkbox"/> Spicy Birdseed | <input type="checkbox"/> Guac Faux Mole | <input type="checkbox"/> Potato Wedges |
| <input type="checkbox"/> Cucumber Salad | <input type="checkbox"/> Fruit Jars | <input type="checkbox"/> Baked Tortilla Chips | <input type="checkbox"/> Creamy Hummus | <input type="checkbox"/> Flatbread Pizza |
| <input type="checkbox"/> BBQ Burgers | <input type="checkbox"/> Soft Burger Buns | <input type="checkbox"/> Chia Seed Burger | <input type="checkbox"/> Killer Ketchup | <input type="checkbox"/> House Mayo |
| <input type="checkbox"/> Italian Sausage | <input type="checkbox"/> Burrito Bowl | <input type="checkbox"/> BBQ Sauce | <input type="checkbox"/> Baked Mac & Cheese | <input type="checkbox"/> Daily Dressing |
| <input type="checkbox"/> Pizza | | | | |
| <input type="checkbox"/> Creamy Ranch | <input type="checkbox"/> Zesty Italian | <input type="checkbox"/> French Dressing | <input type="checkbox"/> French Onion Dip | <input type="checkbox"/> Notzzarella Cheese |
| <input type="checkbox"/> Chipotle Mayo | <input type="checkbox"/> Grilled Veggies | <input type="checkbox"/> Sloppy Jerrys | <input type="checkbox"/> Black Bean Summer Salad | <input type="checkbox"/> Tater Tots |

Recommended Classes

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|---|---|
| <input type="checkbox"/> #176 PD Picnic Packing | <input type="checkbox"/> #095 Back to School Lunch Packing PD Style |
| <input type="checkbox"/> #135 Packing a PD Picnic or Waterpark Tailgate | <input type="checkbox"/> #088 Summer Holidays PD Style |
| <input type="checkbox"/> #173 Fat-Free Salad Dressing 101 | <input type="checkbox"/> #139 Satisfying Salads |