

MY LUNCH BOX GUIDE

How to get started

1. Read the lists of foods in the chart below. Put a checkmark next to the foods you like to eat.
2. Use the space provided to add the names of foods you like to eat that are not listed.

VEGETABLES AND FRUITS

- | | | |
|---------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Beets | <input type="checkbox"/> Kale | <input type="checkbox"/> Apples |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Apple sauce |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Bananas |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Peas | <input type="checkbox"/> Berries |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Potatoes | <input type="checkbox"/> Grapes |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Spinach | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Squash | <input type="checkbox"/> Melon |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Green beans | | <input type="checkbox"/> Pears |

Other vegetables and fruit I like to eat:

WHOLE GRAIN FOODS

- | | |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> Bagels | <input type="checkbox"/> Naan |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Noodles |
| <input type="checkbox"/> Bun | <input type="checkbox"/> Pancakes |
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Pita |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Tortillas |
| <input type="checkbox"/> Muffins | |

Other whole grain foods I like to eat:

PROTEIN FOODS

- | | |
|------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Cheese | <input type="checkbox"/> Beans |
| <input type="checkbox"/> Kefir | <input type="checkbox"/> Hummus |
| <input type="checkbox"/> Milk | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Yogurt | <input type="checkbox"/> Nuts |
| | <input type="checkbox"/> Seeds |
| <input type="checkbox"/> Beef | <input type="checkbox"/> Seed, pea or nut butter |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Egg | |
| <input type="checkbox"/> Fish | |
| <input type="checkbox"/> Lamb | |
| <input type="checkbox"/> Pork | |
| <input type="checkbox"/> Wild game | |

Other protein foods I like to eat:

SAUCES AND SIDES

- Dips Salad dressing Ketchup Salsa Cream Cheese Soy Sauce Cookies

Other sauces and sides I like to eat: