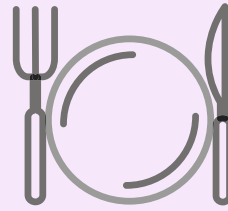


MY COMPLETE LUNCH PREP GUIDE



PROTEINS

- Tuna Salad
- Grilled Tuna
- Avocado
- Guacamole
- Cottage Cheese
- Canned Salmon
- Baked Salmon
- Falafel balls
- Chickpeas
- Hummus
- Sliced Eggs
- Omelette
- Egg Salad
- Turbot
- Tilapia
- Flounder
- Edamame
- Turkey
- Pastrami
- Grilled Chicken
- Feta Cheese
- Kani
- Mozzarella Cheese
- String Cheese
- Lentils
- Greek Yogurt
- Peanut Butter
- Sardines

CARBS

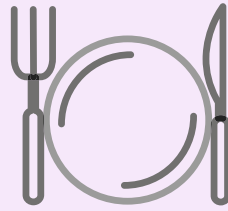
- Melba Toast
- Wrap
- Baguette
- Bread
- Pita
- Tam Tams
- Flatbread
- Quinoa
- Sweet Potato
- Potato
- Nish-nosh crackers
- Tuscanini parchment crackers
- Brown Rice
- White Rice
- Sushi Rice
- Pasta
- Noodles
- Croutons
- Pretzel Sticks
- Farro
- Rice Cakes
- Corn Cakes
- Granola
- Oatmeal
-



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VEGGIES

- Green Beans
- Mushrooms
- Roasted Broccoli
- Roasted Zucchini
- Roasted Peppers
- Fresh Veggie Salad
- Caesar Salad
- Nish-nosh salad
- Greek Salad
- Kani Salad
- Israeli Salad
- Broccoli Kugel
- Butternut Squash
- Cauliflower Kugel
- Cauliflower rice
- Sliced Veggies
- Veggie Sticks
- Hearts of Palm Salad
- Lettuce (what type?)
- Coleslaw
- Broccoli Craisin Salad
- Radishes
- Corn
- Zoodles
- Olives
- Beets
-
-

DRESSINGS

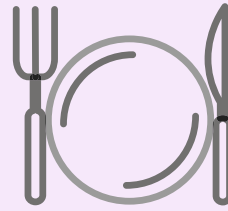
- Mr. Dipz Caesar
- Mr. Dipz Light Caesar
- Mr. Dipz Horseradish
- Mr. Dipz California
- Mr. Dipz French
- Mr. Dipz Spinach
- Mr. Dipz Golden Italian
- Nish Nosh
- Pesto Mayo
- Pesto Vinaigrette
- Balsamic
- Honey Mustard
- Olive oil/Lemon
- Mayonnaise
- Spicy Mayo
- Sweet Sauce
- Hot Sauce
- Teriyaki Sauce
- Tahini



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FRUITS

- Grapefruit
- Orange
- Grapes
- Apple
- Mango
- Blueberries
- Strawberries
- Pomegranate
- Plum
- Apricot
- Cantaloupe
- Honeydew
- Watermelon
- Freeze dried fruit
- Dried Fruit
- Smoothie
-
-
-
-
-
-

EXTRAS

- Almonds
- Almond Butter
- Crunchy Onions
- Sunflower Seeds
- Watermelon Seeds
- Everything Bagel Spice
- Lime Wedges
- Lemon Wedges
- Silan
- Pickles
- Pickled Onion
- Shredded Coconut
- Chia seeds
- Flaxseeds
-
-
-
-
-
-

Notes:

- To best make use of this guide, have one sit down meeting with those who you are prepping lunch for. (Or yourself, if this is for you!)
- Take note of the choices checked off, and mix and match to combine a delicious lunch!
- Many items can be prepped in advance and used over the week. This practice is a good one to adopt, as it makes the daily prep a breeze!



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