

Healthy Lunches

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Lunch is an important meal in your day, so don't skip it, even if you are tempted to do so. Many people believe that eating a big breakfast means that lunch is unnecessary, but that's simply not the case. When you don't eat lunch, you are more likely to snack during the day on unhealthy foods or overeat at suppertime. Your body also becomes depleted of nutrients when you skip lunch, so it's better for you to always eat lunch, even if it means making a bit of extra free time available in your day. However, there are ways in which you can ensure that your lunch is fairly healthy lunch, no matter what your specific needs.

If you are at work or school over lunchtime, you can save lots of money by carrying a lunch rather than grabbing lunch from a fast food restaurant or other food source. Your own meals will also be more nutritious and, in many cases, tastier. If you are not a morning person, packing a lunch doesn't mean that you have to wake up earlier to prepare this. Simply pack it the night before. Many food choices can help you to pack a lunch that will be the envy of your coworkers.

You can also consider stopping at a supermarket and picking up frozen diet meals for lunch as well. These meals are usually low in fat and high in nutrition and come in enough varieties for you to have a different lunch every day of the year. This option is sometimes a bit more expensive than making and packing your own lunch, but it can still be fairly inexpensive. Remember to look at the packaging to determine the best frozen meals for you. Some are not made for those looking for a healthy diet, and although they may taste good, they will be full of preservatives and calories.

You can also stock your desk at work with healthy lunch choices in order to save time. Lots of foods come in non-perishable varieties, which can easily fit into your desk and be microwaved with water when it comes time to eat lunch. Try soups, pretzels, crackers with peanut butter, cereal bars, or instant oatmeal for lunchtime at the office.

When you have to eat out, such as if you are meeting an associate or client for lunch, make healthy food choices. Avoid skipping lunch altogether just to have a meeting. Instead, see if your company will chip in to pay for the client's meal. Usually, companies are more than happy to reimburse you or provide a company credit card or tab information. Good choices for a healthy lunch include light meals, like wraps, sandwiches with wheat bread and light on the spreads, salads with light dressing, and fruit. Avoid fast food, pizza, and bulky meals, like pasta for lunch, unless you plan to be very active during the afternoon at work.

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