

## THROW & GO LUNCH BUILDING BLOCKS

Pair any protein with a starch, healthy fat, and fruit/veggie. This is as easy as it gets! Everything here requires ZERO cooking and minimal to no chopping.

### PROTEINS

- pre-cooked chicken, fish, turkey
- canned fish (SafeCatch/Wild Planet)
- kidfresh chicken meatballs
- deli meat (no more than 1-2x/week)
- hard boiled egg
- cheese or cottage cheese
- whole milk yogurt
- low-sodium or no salt added beans
- peas (canned/frozen)
- shelled edamame
- nut butter
- hemp seeds
- chopped/crushed nuts
- tofu/tempeh
- veggie burger

### FRUIT & VEG

- FRESH:
  - sliced or shredded carrots
  - sliced mushrooms
  - blueberries, blackberries, raspberries
  - banana, clementine
- frozen/canned corn, peas, carrots, green beans
- applesauce
- freeze-dried fruit
- canned/package fruit in 100% juice
- raisins, chopped dates or dried fig

### STARCHES

- bread (sourdough, whole wheat)
- bagel, english muffin
- whole grain tortilla
- whole grain pita
- crackers
- quinoa (frozen)
- canned pumpkin
- Harvest Snaps Pea Crisps

A note on  
choking:  
Make sure to  
slice any round  
item that is hot-  
dog sized



### FATS

- avocado
- nut or seed butter
- chia seeds, ground flax seeds
- full fat yogurt/cheese
- coconut oil, coconut butter
- olives, olive oil
- canned salmon/sardines/tuna
- whole eggs
- or even a piece of chocolate!