

Food Tips: 5 Healthy Lunch Options



By Carly Silva

Eating a healthy lunch isn't always easy, especially if you find yourself to be extremely busy during the day. Sometimes, it seems easier to reach for something unhealthy and quick, or resort to getting takeout for lunch, but there are plenty of fun lunch recipe options that are quick, easy to prepare, and healthy!

If you're in need of some [food tips](#)

for a clean mid-day meal, here are five healthy and tasty lunch options.

1. Taco salad: A taco salad is a great idea for a tasty and filling lunch during the day, and it can be as simple as you'd like. All you need is ground turkey with brown rice, or even cauliflower rice to keep it super healthy. Top it off with shredded lettuce, tomatoes, black beans, and corn to get some veggies in and stay full throughout the rest of the day!

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2. Turkey roll-up bistro box: A bistro box is a super easy lunch to make, especially if you don't have the time to cook or prep meals. All you need to do for this bistro box is roll up slices of turkey, with cheese if preferred, and stick a toothpick through them to keep them together. For the rest of the box, you can add other filling and health snacks like veggies, nuts, or cheese cubes. These bistro boxes are not only quick to assemble, but they're also super easy to transport if you're bringing it to work.

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3. Veggie pasta salad: If you find yourself needing some carbs throughout the day to keep yourself fueled, pasta salad is a great option, especially if you make it healthy. Start by using whole wheat or chickpea pasta, then add in some healthy veggies and toppings. Some great toppings are cucumbers, tomatoes, olives, and cheese. Feta and mozzarella cheese are perfect for this recipe, and you can always top it off with a light dressing if you need more flavor!

4. Turkey burger: Turkey burgers are a great healthy twist on

the classic burger for lunch. Try eating a turkey burger on a lettuce wrap to make for a super healthy burger. You can also cut up the turkey burger and eat it over rice or in a salad as well.

5. Stuffed avocados: These stuffed avocados are a great way to get yourself full without indulging in unhealthy foods. To stuff an avocado, fill each half with the protein of your choice: turkey, tuna fish, or even beans. Then, top them with a little bit of your favorite cheese and put them in the oven to bake!

What are some other healthy lunch options? Start a conversation in the comments down below!