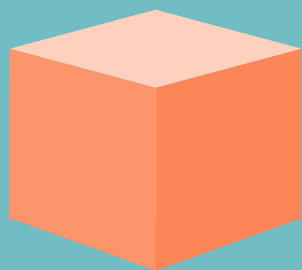


# YOUR GUIDE TO PACKING A CLEAN EATING + LOW CARB

## LUNCH

### PICK YOUR PROTEIN (COOKED HOW YOU LIKE)



- Tofu
- Tempeh
- Beans
- Bean Burger patty
- Egg
- Chicken Breast
- Chicken or Tuna Salad (w/ Greek yogurt)
- Greek Yogurt
- Cottage cheese
- Turkey Breast
- Salmon
- Shrimp

### PICK YOUR VEGGIES (SLICED, DICED, CHOPPED, ETC.)



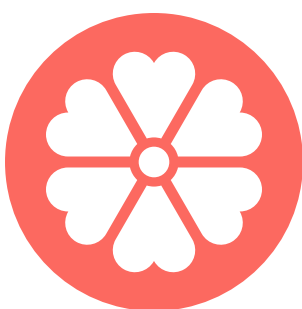
- Salad Greens (spinach, arugula, lettuce, kale, etc)
- broccoli
- shredded carrots
- cucumber
- Tomato
- Beets
- red bell pepper
- red onion
- cabbage (green or purple)

### PICK YOUR FATS/OILS



- Avocado
- Oil + Vinegar vinaigrette
- nuts
- seeds
- Tahini
- peanut butter
- almond butter

### PICK YOUR FRUITS



- apple slices
- orange
- melon
- kiwi
- pear slices
- berries (strawberries, blueberries, raspberries, etc)
- grapefruit

### PICK ANY SIDES/SNACKS



- extra veggie slices (cucumber, carrot)
- hummus for dipping veggies
- extra apple slices
- nut butter for dipping apple slices
- yogurt
- WATER! Drink up!