



Conquer lunch

with ready-to-eat options

Supermarkets are brimming with healthy pre-prepped foods you can mix and match for terrific no-cook lunch options. You just need to know what to look for. Luckily, these newcomers are pumping up the roster of familiar, good-choice go-tos, like prewashed bagged lettuce, low-sodium canned beans, and rotisserie chicken.

Winning combinations

Whip up these easy meals at home, or stash the ingredients in the office fridge to use as needed.

Mexican steak bowl

Combine sliced steak, black beans, baby spinach, shredded carrots, and chopped broccoli. Drizzle with fat-free salsa.

Lentil-beet bowl

Mix arugula, lentils, beets, feta, and pistachios. Drizzle with lemon juice.

Healthy cobb bowl

Put mixed greens, smoked turkey breast, low-fat Swiss cheese, hard-cooked eggs, and grape tomatoes in a bowl. Drizzle with low-fat ranch dressing.

Summery shrimp bowl

Toss shrimp, broccoli slaw, diced jicama, grapes, and sliced almonds together. Drizzle with low-fat vinaigrette.

Smoky vegan bowl

Team up quinoa, baby kale, smoked tofu, roasted peppers, and pepitas (shelled pumpkin seeds). Drizzle with fresh lime juice.

Easy lunch options

Ready-now proteins

- Shelled, steamed edamame
- Cooked vacuum-packed lentils
- Grilled skinless chicken breasts
- Grilled, sliced steak
- Smoked skinless turkey breast
- Hard-cooked eggs
- Pre-cooked shrimp
- Smoked tofu

Instant toppings

- Crumbled feta or goat cheese
- Low-fat shredded cheese
- Sliced almonds or shelled pistachios
- Lemon juice
- Reduced-sodium soy sauce
- Fat-free salsa
- Sesame seeds or shelled pumpkin seeds (pepitas)

Shortcut vegetables

- Shredded carrots
- Shredded cabbage
- Precut broccoli or cauliflower
- Roasted peppers (in water or vinegar)
- Jicama sticks
- Peeled, cooked vacuum-packed beets
- Broccoli slaw
- Zoodles (zucchini “noodles”)

Pre-cooked grains

- Frozen brown rice
- Ready-to-eat quinoa

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<https://www.weightwatchers.com/us/JohnsHopkinsUniversity>

