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.

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