

Create Your Lunch Plate

Quick and Healthy Diabetes-Friendly Lunch Ideas

Packing your lunch doesn't have to be a hassle with these quick and easy-to-assemble ideas.

Why pack your lunch?

Studies show that people who pack their lunches have a healthier weight, spend less money and eat more nutrient-rich foods.

Having a balanced, nutrient-rich lunch is especially important for someone with diabetes. Keep a variety of healthy foods on hand, along with several sizes of reusable to-go containers from Meijer. You'll have everything you need to put together these simple and delicious lunches.

Quick and Easy Lunch Ideas: *a whole grain serving + a protein/dairy + vegetables*



Simple Salad

9 Snyder's whole grain pretzel sticks + 2/3 cup Meijer shelled Edamame (soy beans) + 2 tbsp. feta cheese + 3 cups Dole salad greens + 1/4 cup sliced no-added-salt beets + 2 tbsp. lite balsamic vinaigrette

Nutrition Information: 365 calories, 10g fat, 47g carbohydrate, 9g fiber, 468mg sodium, 20g protein

Soup n' Sandwich

1 slice Meijer whole wheat bread and 1 tbsp. olive oil mayonnaise + 2 slices lean deli turkey + 1 (1 oz.) slice low fat cheddar cheese + spinach leaves (for sandwich) + 1 cup Campbell's Healthy Request vegetable soup

Nutrition Information: 305 calories, 10g fat, 37g carbohydrate, 6g fiber, 1219mg sodium, 18g protein

Wonderful Wrap

Smart & Delicious whole grain wrap and 1 tbsp. Meijer honey mustard + 4 slices lean deli ham and 1 cup fat free milk + 2 tomato slices (for wrap) and 1 cup of baby carrots

Nutrition Information: 332 calories, 9g fat, 46g carbohydrate, 14g fiber, 832mg sodium, 24g protein

Pasta Veggie Salad

1-1/4 cups cooked Barilla Plus penne pasta (2 oz. dry) + 2 oz. canned chicken breast + 1 tbsp. shredded parmesan cheese + 1 cup Meijer Florentine vegetables (thawed) + 2 tbsp. lite balsamic vinaigrette

Nutrition Information: 396 calories, 9g fat, 52g carbohydrate, 9g fiber, 784mg sodium, 29g protein



Simple Salad

Snack Box

8 Triscuit crackers + 3 oz. canned tuna fish in water and 1 tbsp. reduced fat mayonnaise + 1/2 cup red pepper strips and 1/2 cup cucumber slices with 1/4 cup Meijer hummus

Nutrition Information: 392 calories, 12g fat, 37g carbohydrate, 7g fiber, 729mg sodium, 34g protein