

## DON'T SKIP LUNCH

Your brain needs a constant supply of energy to function optimally. So the worst thing you can do is to skip the midday meal. The optimal power-lunch should include:

1. Carbs from vegetables and/or whole grains;
2. A protein such as lean meat, eggs, or beans; and
3. A healthy fat like nuts, olive oil, or avocado.



**Remember: Lunch doesn't have to be a big production.**

**You can even snack your way through the day. Just choose the right snacks.**

Pear slices + nut butter + granola

Hard-boiled eggs + blueberries

String cheese + dried apricots

Peapods + hummus

Cheddar cheese + multi-grain crackers

Edamame

Jicama sticks sprinkled with chili powder  
and lime juice + guacamole

Celery and carrots + hummus

Hummus + pretzels

Whole wheat bread + nut butter

Cucumber slices + cream cheese

Apples + cheddar cheese

Raw broccoli and cauliflower + tahini dressing

Dates + walnuts

Mozzarella sticks + almonds + dried cranberries

Cottage cheese + pineapple

Sardines + whole wheat crackers