

Pack a one-two lunch: Tips for creating knock-out mini meals

By Chef Bryan Woolley



Whether you're sitting at a desk or working on the go, eating five to six healthy meals throughout the day can be a challenge. With a little preparation, you can avoid the drive-thru lane and vending machines with these lightweight options that will keep you satisfied from nine to five.

Brick sandwich

Taking last night's leftovers to work the next day is fine in smaller portions, but entrees like steak, pastas, casseroles, and anything with heavy sauces can have too many calories for a midday meal. Instead, try sandwiches made from wholegrain artisan bread, cured meat, and cheeses, for a lighter option.

- 1 large loaf of focaccia bread**
- 4 ounces spreadable cheese**
- 5 tablespoons olive tapenade**
- 15 ounces roasted red peppers, drained and patted dry**
- 4 ounces sliced prosciutto**
- 8 canned artichoke hearts, drained and thinly sliced**
- 8 slices provolone cheese**
- 8 sun-dried tomatoes packed in oil, drained and patted dry**
- 8 ounces sliced salami**
- 8 large fresh basil leaves**

FOR A QUICK, HEALTHY SANDWICH FOLLOW THESE STEPS:

- 1.** Slice the bread in half lengthwise.
- 2.** Remove the soft inner bread and reserve for another use.
- 3.** Spread the soft cheese on both halves of the bread and then the olive tapenade.
- 4.** Arrange the remaining ingredients on the bread and replace the other half of the loaf.

IF YOU WANT TO TRY AN AUTHENTIC BRICK SANDWICH, FLATTENING THE BREAD LIKE A PANINI, FOLLOW THESE STEPS:

- 5.** Tightly wrap the sandwich in plastic and place it on a cookie sheet.
- 6.** Put a clean, heavy brick on top of the sandwich and place it in the refrigerator for a few hours or overnight.
- 7.** When ready to eat, simply unwrap the sandwich, slice it for 8–10 servings and enjoy!



Cherry Chicken Salad Sandwich

Pitas and wraps are another great way to make a quick meal. If you have a light salad with your dinner, set aside a portion-sized container when putting the leftovers away. The next morning, grab a pita or sandwich wrap and your salad as you head out the door. With chicken and mayo-based salads, be sure to refrigerate them right away since mayo and chicken are the biggest culprits when it comes to food poisoning in America.

- 3 chicken breasts, poached or grilled**
- 1 cup chopped celery**
- 1/2 cup diced onion**
- 1 cup pitted, chopped bing cherries**
- 1 cup chopped pecans, toasted**
- 1/2 cup mayonnaise**
- 1 sliced lemon**
- Pitas, wraps, low-carb whole grain bread**
- Salt and pepper to taste**

INSTRUCTIONS:

- 1.** Place the chicken breasts into a large pot and cover with cold water. Add one sliced lemon, one small sliced onion, and a couple of bay leaves to the water, then simmer until the chicken is thoroughly cooked through. Remove from the poaching liquid, cool, and chop for the salad.
- 2.** To make the salad, combine the prepared chicken, celery, onion, cherries, and pecans in a large bowl. Stir in enough mayonnaise to lightly coat the salad ingredients. Salt and pepper to taste. Cover and refrigerate for 1 hour.
- 3.** Serve the cherry chicken salad in 8–10 pitas, sandwich wraps, or low-carb, whole grain bread.

HEALTHY SNACK OPTIONS

With a variety of tasty snack ideas that are good for you, eating healthy doesn't have to mean giving up flavor.



NUTS AND SEEDS

Nuts and seeds provide extra protein for your diet, and using the baked, salt-free, or raw varieties helps control your sodium intake.

WATER

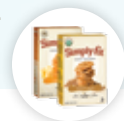
Another way to stay full is by drinking a lot of water. Liven up your water with *SplashH₂O*® packets.

NATURAL JERKY

Low-sodium, natural jerky is a good source of protein you can substitute for vending machine treats. Look for organic, nitrate-free varieties.

SIMPLY FIT™ SNACKS

Melaleuca's *Simply Fit* brand offers a variety of popcorn, chewy snack bars, hot cereal, and crackers that taste as good as they are good for you.



HEALTHY BARS

Attain® *CraveBlocker* and *Simply Fit Chewy Bars* are delicious alternatives to candy bars, that you won't want to share.

DRIED FRUIT

Dried fruit such as cranberries, raisins, bananas, apples, and plums can help satisfy your sweet tooth without adding tons of calories. *Just watch your portions.*



MELALEUCA SHAKES

With Melaleuca's convenient blender bottles, it's easy to have a healthy shake wherever you go. Try *GC Control*™, *Attain*, *Access*®, or *ProFlex20*® when you want a delicious, satisfying treat.

