**Clean Eating Lunch Ideas**

1. Half a piece of a large chicken breast seasoned and baked with ½ cup Brown Rice ( Lundburg is a good brand), ½ Cup of Steamed Broccoli or Baked Asparagus sprinkled with Olive Oil and Sea Salt and Pepper or Baked Brussel Sprouts sprinkled with Olive Oil, Sea Salt, and Pepper.
2. Tuna Romaine Lettuce Wraps: Mix a can of Bumblebee Albacore Tuna with a half of an Avocado, ¼ of a small onion diced, and 2 celery stalked diced. Add inside a few pieces of Romaine lettuce, add sliced Yellow/Red/Green/Orange Bell Peppers and/or Cucumbers for an added Crunch.
3. Chicken/Brown Rice/Avocado Bowl- ½ of a large chicken breast baked and chopped up or shredded. Add in ½ a cup of brown rice, and dice up a half of an avocado. Put in a bowl and mix and enjoy!
4. Chicken Salad- ½ Cup diced up chicken, ½ of a green apple diced, 2 celery stalks diced, ¼ of a small onion diced up. Mix up with 1 small Avocado (if you can get a large Avocado and only use ½ of it that would be better.) Avocados are great for you and have good fat, but it’s better to only have ½ of one a day. Sprinkle with Cinnamon & Pepper.
5. 2 Egg Whites with Spinach, diced peppers, and season with pepper and whatever you like to season your eggs with. (You can also have this for breakfast or dinner too.