

# 5 Healthy Lunches at 450 Calories each

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This printable includes 5 Healthy Lunches at 450 Calories each, with an ingredient list, nutrition values, and directions for each meal.

Ham and Cheese Sandwich  
Chicken and Mandarin Orange Salad with Banana Muffin  
Couscous Veggie Salad  
Chicken and Salad Veggie Wrap  
Strawberry Spinach Salad

**About the creator:** Monica is a blogger at [HappyandBlessedHome.com](http://HappyandBlessedHome.com). Her passion is to be an encouragement to moms and she publishes:

- \* free games and crafts for preschoolers,
- \* recipes, home care & party tips, and
- \* great ideas for family fun!

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## Lunch Option #1: Ham and Cheese Sandwich

### Ingredients:

2 Slices of Whole Wheat Bread	2 Teaspoons of Honey Mustard
2 Slices Tomato	2 Green Leaf Lettuce Leaves
6 Slices of Honey Ham	1 Slice of Gouda Cheese
1 Small Banana	3/4 Cup of Green Grapes
1 Glass of Water	
1 Pocket-sized LISTERINE® POCKETPAKS® Cool Mint 72c	

### Directions:

1. Smooth the honey mustard onto a slice of bread and layer on the lettuce and tomato.
2. Add a slice of cheese
3. Add 6 slices of ham folded nicely.
4. Top with another slice of bread.
5. Serve with fruit.

### Nutritional Value:

#### Lunch

#### Ham and Cheese Sandwich Lunch

Food	Amount	Cals	Fat	Fiber	Carbs	Sodium	Prot	Fav
Grapes	3/4 cup	50	0.5	0.7	15.7	15	0.5	★
Green Leaf Lettuce	2 outer-leaves	6	0.1	0.6	1.3	12.9	0.6	★
Cheese, gouda - 1 oz	1 oz	100	7.8	0	0.6	232.2	7.1	★
Wheat Bread	2 slices	130	2	2.2	23.6	265	4.6	★
Honey Mustard(Fre...	2 tsp	20	0	0	2	70	0	★
Banana, Raw	1 extra-small	72	0.3	2.1	18.5	0.8	0.9	★
Tomato, Raw	25 grams	4	0.1	0.4	0.5	3.5	0.2	★
Honey Ham(Hillshir...	6 slices	105	3.8	0	4.5	780	12	★
Subtotal		487	14.5	6	66.7	1379.4	25.8	





## Lunch Option #2: Chicken and Mandarin Orange Salad with Banana Muffin

### Ingredients:

2 Cups Mixed Salad Greens  
 3 oz. Rotisserie Chicken  
 3 oz. Grape Tomatoes  
 1 Mandarin Orange  
 1 Banana Muffin  
 1 Glass of Water  
 1 Pocket-sized LISTERINE® POCKETPAKS® Cool Mint 72c

### Directions:

1. Pour two cups of salad mix into a bowl.
2. Peel and add Mandarin Orange Slices.
3. Cut grape tomatoes longways and add to salad.
4. Shred 3 oz. of Rotisserie Chicken and add to salad.
5. Serve with Banana Muffin and Water.

### Nutritional Value:

#### Lunch

##### Chicken and Mandarin Orange Salad

Food	Amount	Cals	Fat	Fiber	Carbs	Sodium	Prot	Fav
Grape Tomatoes(U...	3 oz	30	0	1	6	0	1	★
Banana Muffin(Tho...	1 muffin	150	1	1	29	200	5	★
Rotisserie Chicken ...	3 oz	156	7	0	0	295.1	23.4	★
Mandarins(Cuties)	1 serving	47	0.3	1.6	11.7	2	0.7	★
Mixed Salad Green...	2 cups	52	0.3	3.9	11.5	33.2	3.3	★
Subtotal		435	8.5	7.5	58.3	530.3	33.3	







### Lunch Option #3: Couscous Veggie Salad

#### Ingredients:

- 2 Cups Cooked Couscous
- 1 Cucumber
- 3 oz. Grape Tomatoes
- 1 Pocket-sized LISTERINE® POCKETPAKS® Cool Mint 72c

#### Directions:

1. Cook couscous according to package directions. Set aside 2 cooked cups.
2. Cut cucumber into slices and half the slices.
3. Add grape tomatoes to the cucumber salad.
4. Serve with Water.

#### Nutritional Value:

#### Lunch

##### Couscous Veggie Salad

Food	Amount	Cals	Fat	Fiber	Carbs	Sodium	Prot	Fav
Couscous, Cooked	2 cups	350	0.5	4.4	72.9	15.7	11.9	★
Cucumber - 1 cucu...	1 serving	45	0.3	1.5	10.9	6	2	★
Grape Tomatoes(U...	3 oz	30	0	1	6	0	1	★
Subtotal		425	0.8	6.9	89.8	21.7	14.9	





#### Lunch Option #4: Chicken and Salad Veggie Wrap

##### Ingredients:

- 1 Cup Mixed Salad Greens
- 3 oz. Rotisserie Chicken
- 1 oz. Grape Tomatoes
- 1 Flour Tortilla
- 3/4 Cup of Green Grapes
- 5/8 Cup Petite Carrots
- 1 Glass of Water
- 1 Pocket-sized LISTERINE® POCKETPAKS® Cool Mint 72c

##### Directions:

1. Lay Flour Tortilla flat and add mixed green and cut tomatoes.
2. Add 3oz. shredded Rotisserie Chicken (heat first if desired).
3. Roll Tortilla up and use a toothpick to hold. Cut Tortilla in half.
4. Serve with Grapes, Carrots, and Water.

##### Nutritional Value:

##### Lunch

##### Chicken Salad Veggie Wrap

Food	Amount	Cals	Fat	Fiber	Carbs	Sodium	Prot	Fav
Mixed Greens(Encl...	1 serving	15	0	0	0	0	0	★
Petite Carrots(Mar...	0.67 cup	35	0	2	8	65	1	★
Grapes	3/4 cup	50	0.5	0.7	15.7	15	0.5	★
Tortillas, Flour(Miss...	1 tortilla	200	4.5	1	34	600	5	★
Grape Tomatoes(U...	1 oz	10	0	0.3	2	0	0.3	★
Rotisserie Chicken ...	3 oz	156	7	0	0	295.1	23.4	★
Subtotal		466	12	4	59.7	975.1	30.2	





#### Lunch Option #4: Strawberry Spinach Salad

##### Ingredients:

- 2 Cups Baby Spinach
- 5 Medium sized Strawberries
- 1 1/2 ozs. Glazed Walnuts
- 1 Banana Muffin
- 1 Glass of Water
- 1 Pocket-sized LISTERINE® POCKETPAKS® Cool Mint 72c

##### Directions:

1. Pour two cups of spinach into a bowl.
2. Cut strawberries longways and add to salad.
3. Sprinkle salad with 1 1/2 oz. Glazed Walnuts.
4. Serve with Banana Muffin and Water.

##### Nutritional Value:

##### Lunch

##### Strawberry Spinach Salad with Banana Muffin

Food	Amount	Cals	Fat	Fiber	Carbs	Sodium	Prot	Fav
Spinach	2 cups	40	0.2	4.1	7.5	135.9	4.2	★
Banana Muffin(Tho...	1 muffin	150	1	1	29	200	5	★
Nuts, walnuts, glaz...	1 1/2 oz	210	15	1.5	20	187.3	3.5	★
Strawberries, raw -...	5 servings	15	0.2	1.2	4.6	0.6	0.4	★
Subtotal		415	16.4	7.8	61.1	523.8	13.1	

