



## **Layer a Real Food Lunch**

Use this layering system for your real food lunch ingredients so the sturdiest ingredients create a barrier between the sauce or dressing and the more delicate fruits and vegetables.

1. Start with a clean mason jar (or a reusable container like Ziploc: we like their square 1 quart container).
2. Start with 1 tablespoon of your favorite salad dressing or 2 Tablespoons of sauce (such as salsa, marinara or peanut sauce) as the base layer.
3. Add whole grains like brown rice, quinoa or millet, beans and sturdy vegetables or fruits like diced sweet potatoes, carrots and apple.
4. Layer in some lean protein: choose from lean meats, a sprinkle of cheese, hard-boiled egg or tofu.
5. Add in delicate produce like diced tomatoes and sliced berries.
6. Finish off with a healthy dose of your favorite greens like kale, arugula or romaine and a sprinkle of nuts and seeds if desired.

When you're ready for lunch, turn the closed container upside down and give it a shake. Eat your real food lunch right out of the container or empty the contents into a bowl for a perfect plant-rich lunch to fuel your focus and productivity.