

# Conquer lunch with *Ready-to-Eat* Options

**weightwatchers**

Supermarkets are brimming with healthy pre-prepped foods you can mix and match for terrific no-cook lunch options. You just need to know what to look for. Luckily, these newcomers are pumping up the roster of familiar, good-choice go-tos, like prewashed bagged lettuce, low-sodium canned beans, and rotisserie chicken.

## Ready-Now Proteins

- Shelled, steamed edamame
- Cooked vacuum-packed lentils
- Grilled chicken breasts
- Grilled, sliced steak
- Smoked turkey breasts
- Hard-cooked eggs
- Pre-cooked shrimp
- Smoked tofu

## Instant Toppings

- Crumbled feta or goat cheese
- Low-fat shredded cheese
- Sliced almonds or shelled pistachios
- Lemon juice
- Reduced-sodium soy sauce
- Fat free salsa
- Sesame seeds or pumpkin seeds (pepitas)

## Shortcut Vegetables

- Shredded carrots
- Shredded cabbage
- Precut broccoli or cauliflower
- Roasted peppers (in water or vinegar)
- Jicama sticks
- Peeled, cooked vacuum-packed beets
- Broccoli slaw

## Pre-Cooked Grains

- Frozen brown rice
- Ready-to-eat quinoa

## Winning Combinations

Whip up these easy meals at home, or stash the ingredients in the office fridge to use as needed.

### Mexican Steak Bowl

Combine sliced steak, black beans, baby spinach, shredded carrots, and chopped broccoli. Drizzle with fat-free salsa.

### Lentil-Beet Bowl

Mix arugula, lentils, beets, feta and pistachios. Drizzle with lemon juice.

### Healthy Cobb Bowl

Put mixed greens, smoked turkey breast, low-fat Swiss cheese, hard-cooked eggs, and grape tomatoes in a bowl. Drizzle with low-fat ranch dressing.

### Summery Shrimp Bowl

Toss shrimp, broccoli slaw, diced jicama, grapes, and sliced almonds together. Drizzle with low-fat vinaigrette.

### Smokey Vegan Bowl

Team up quinoa, baby kale, smoked tofu, roasted peppers, and pepitas. Drizzle with fresh lime juice.