



Healthy Sandwich Swaps in a Flash!

A better lunch box is in the making...

With “Back to School” right around the corner, lunch boxes are back in business! Is the classic PB & J or a plain ham & cheese the only option? Believe it or not, there are lots of “out of the box” delicious and nutritious lunch options to choose from!

What makes a healthier lunch? More veggies, fiber and healthy fats... and less processed grains, added sugar and saturated fats! You can simply swap the bread, swap the meat, swap the cheese or swap the sauce (or jam) to make a better sandwich in a flash!

Nutritious Swaps at a Glance

Swap Your Bread

- 100% whole grain
- Lettuce wrap
- High fiber tortilla wrap
- Whole grain pita pocket
- Open-faced

Swap Your Protein

- All natural peanut butter
- Beans or Hummus
- Natural turkey, chicken or lean roast beef (choose nitrate-free, and fresh from the deli versus pre-packaged when possible)
- Tempeh or tofu
- Tuna or hard-boiled egg

Swap Your Fillings

- Sliced apple or banana
- Add extra veggies
- Dijon mustard
- Avocado (instead of cheese)
- Lots of Veggies
- Balsamic vinegar
- Avocado (instead of mayo)

It's as easy as making a few nutrient-rich substitutions. Check out these healthy sandwich swaps from our Medi-Share Certified Health Coaches.

Healthy Sandwich Swaps our Health Coaches Love!



Danny

PB&B

Whole wheat toast with all natural peanut butter, sliced banana (or apple), and sprinkle with a mix of ground chia, flax and black cumin seeds



Laurie

LOADED TUNA SANDWICH

Mix one can of light tuna (packed in water) with a Tb each of chopped dill pickle, diced celery, minced red onion, and plain low fat Greek yogurt

Serve on whole wheat sandwich bread with baby spinach leaves.



Wendy

SWEET & SPICY TEMPEH LETTUCE WRAPS

5 TBS, creamy natural peanut butter | 3 TBS lime juice | 3 TBS tamari (low sodium)
1/2 tsp red pepper flakes | 1 tsp grated ginger | 1.5 cups diced fresh pineapple
1 TBS toasted sesame oil | 8 ounces of tempeh, chopped | 1 cup shredded carrots
1 cup shredded cabbage (napa, bok choy or red cabbage) | 1 can of water chestnuts, chopped
8 Leaves of Romaine or Butter Lettuce

Place peanut butter, lime juice, tamari, red pepper flakes, ginger and 1/2 c of pineapple in a blender and puree until creamy. Reserve 1/4 c of the sauce and set aside.

Heat the oil in a non-stick skillet, add tempeh and cook for 5 minutes until crispy. Add in the peanut sauce and cook for 4 minutes.

Fill lettuce leaves with shredded carrots, pineapple, tempeh and shredded cabbage. Drizzle remaining peanut sauce over top. Serves 4.



Kristina

CHICKPEA SALAD SANDWICH

Mix 1 can Garbanzo Beans
2 T Tahini | 1 T Mustard
1 C Celery | 1/4 C Radish
2 T Dried Dill
Serve on Whole Grain Toast

Kristy, Lisa, Miranda, Nikki & Katie

VEGGIE WRAPS

Grab a 6" whole grain tortilla or a large Bibb lettuce leaf.
Fill with your favorite toppings:

**Black Beans | All Natural Roasted Turkey Breast | Tomatoes
Diced Rotisserie Chicken Breast | Avocado Slices | Mushrooms
Sweet Potato, Roasted & Diced | Salsa | Cucumbers
Bell Peppers | Onions | Spinach | Olives | Banana Peppers**

Drizzle With Balsamic Vinegar Or
A Healthy Homemade Dressing