

Title:

Lunch Means So Much More Than Fast Food

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543

Summary:

Lunch is the forgotten stepchild of the meal day. We spend a fair amount of energy planning di

Too often, that means fast food, vending machine food or ~ for some people ~ nothing at all. A

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Article Body:

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So, how do you change this? Lunch is a tough one for people who work outside the home. Sure, y

Here are some tips to bring lunch back into focus on busy weekdays:

\*Do plan for leftovers, if possible. If you like what you're making for dinner and think you w

\*If you must have fast food, stay away from fries, most hamburgers, anything breaded and fried

\*If you're out and about running errands and get hungry, stop at 7-11, and grab a bottle of mi

\*Keep lunch items at work. There are many things you can keep in your desk that are shelf stab

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