

Low sodium lunch ideas (plan ahead!)

- Make extra portions of your evening meal for the next day
- Whole wheat pasta or brown rice with a lean protein and veggies
 - Ready cooked shrimp (often on sale at Sobey's - BOGO)
 - Chicken or turkey
 - Fish (tuna, salmon, etc)
 - Extra/lean hamburger
 - Chickpeas
 - Frozen veggies are lower in sodium and can be cooked quickly in the microwave (broccoli, summer sweet peas, corn, green beans, mixed veggies)
 - For flavouring, rely on a little bit olive oil, pepper, garlic, lemon/lime juice, cayenne pepper, spice blends, experiment!
- Whole wheat pita pizzas (eat hot or cold)
 - Use light cheese and you don't need a lot; just enough to hold the ingredients together
 - A small amount of sauce - just enough to cover, not drown, the pita
 - Chicken, extra/lean hamburger
 - Veggies: peppers, green onions, spinach, banana peppers, broccoli, tomatoes, mushrooms, etc
- Veggies and hummus with whole grain crackers
- Whole wheat wraps
 - Mixed greens
 - Avocado (alone or made into guacamole as a spread)
 - Lean protein (tuna, salmon, chicken, turkey, eggs - one yolk and then whites)
 - Natural peanut butter and banana
 - Spreads: drizzle olive oil and vinegar, mustard, guacamole
 - Veggies: tomatoes, cucumber, bean sprouts, mushrooms, shredded carrots, etc
- Make soups, stews, chilis, and casseroles on weekends and freeze in individual containers for lunches. You can limit your salt by making your own. When using canned items, liked crushed tomatoes, look for low/no sodium products.
 - Turkey/chicken soup
 - Chicken/beef stews
 - Split pea and turkey/chicken soup (less sodium than ham)
 - Taco soup (Celinda has a great recipe for this)
 - Chicken/beef chili. Experiment with beans: black, kidney, white, chickpeas (garbanzo beans)
- Potato with chili
 - Microwave potato with peeling on the night before, slice open, place chili on top. Covered container and microwave at work. Have extra veggies on the side.