

# how to pack your lunch

## step one: protein

- hard boiled eggs (2)
- bacon & eggs
- seasoned ground beef
- ham rolls
- turkey rolls
- salami
- potroast
- pulled pork
- taco beef
- burger
- shrimp
- arepas
- taquitos
- chicken leg
- roast chicken
- sausages
- tuna
- salmon cakes
- chicken nuggets
- fajita chicken
- omelette
- teriyaki chicken
- dinner leftovers
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## step two: fruit

- strawberries
- raspberries
- blueberries
- fresh coconut
- dates
- blackberries
- mango
- apricot
- orange
- banana
- pineapple
- pluot
- peach
- apple
- grapes
- pear
- nectarine
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## step three: vegetable

- avocado
- sugar snap peas
- carrots
- roast butternut squash
- green beans
- roast cauliflower
- fresh cauliflower
- asparagus
- roast potatoes
- roast broccoli
- fresh broccoli
- pepper slices
- cucumber
- tomatoes
- roast sweet potato
- sweet potato fries
- carrot fries
- brussels sprouts
- salad greens w/ dressing
- dip for veggies
  - ranch
  - guac
  - hummus
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## step four: side

- applesauce
- seaweed
- fruit leather
- jerky
- almonds
- cashews
- cheese
- yogurt
- macaroon
- dried dates
- dried pineapple
- dried apricots
- larabar
- z bar
- pirate booty
- popchips
- kettle corn
- SWEETS
- chocolate covered almonds
- chocolate covered blueberries
- chocolate covered pomegranates
- chocolate chips
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## step five: h2o, napkin, fork, spoon, etc.