

# 80 Healthy And Portable Meals For Breakfast Lunch And Dinner

Are you tired of the same mundane and unhealthy fast food options for your meals? Then it's time to discover a whole new world of nutritious and portable meals that are perfect for breakfast, lunch, and dinner. We have compiled a list of 80 delicious and healthy meal ideas that you can easily take with you wherever you go. Say goodbye to boring meals and make eating on-the-go both enjoyable and nutritious.

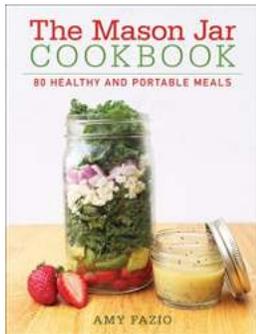
## Breakfast Ideas

Starting your day with a nutritious breakfast sets the tone for the rest of your day. These portable breakfast options will help you kickstart your mornings in a healthy way:

- 1. Overnight oats with berries and nuts
- 2. Egg muffins with spinach and feta cheese
- 3. Yogurt parfait with granola and fresh fruits
- 4. Whole grain toast with avocado and smoked salmon
- 5. Fruit and vegetable smoothie
- 6. Chia seed pudding with fruits
- 7. Quinoa breakfast bowl with mixed berries
- 8. Greek yogurt with honey and walnuts
- 9. Breakfast burrito with eggs, veggies, and salsa
- 10. Peanut butter and banana sandwich on whole grain bread

## Lunch Ideas

When it comes to lunch, having a portable meal can save you both time and money. Check out these healthy lunch options that you can easily take with you to work or school:



### The Mason Jar Cookbook: 80 Healthy and Portable Meals for breakfast, lunch and dinner

by Amy Fazio (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 43253 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Lending : Enabled

Screen Reader : Supported

Print length : 250 pages



- 1. Chicken salad wrap with whole wheat tortilla
- 2. Quinoa salad with roasted vegetables
- 3. Turkey and avocado lettuce wraps
- 4. Sushi rolls with fresh fish and vegetables
- 5. Greek pasta salad with feta cheese and olives
- 6. Lentil soup with whole grain crackers
- 7. Veggie and hummus wrap
- 8. Caprese skewers with cherry tomatoes, mozzarella, and basil

- 9. Whole grain pita with grilled chicken and tzatziki sauce
- 10. Quinoa-stuffed bell peppers

## **Dinner Ideas**

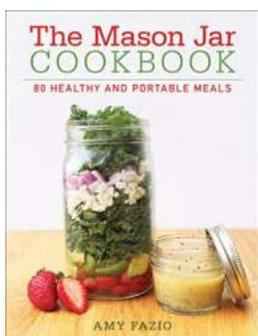
Just because you're busy doesn't mean you have to compromise on a satisfying and healthy dinner. These portable dinner options will make sure you enjoy a nutritious meal even when you're on-the-go:

- 1. Salmon with roasted vegetables
- 2. Chicken and vegetable skewers
- 3. Shrimp stir-fry with brown rice
- 4. Quinoa and black bean stuffed peppers
- 5. Grilled chicken with sweet potato wedges
- 6. Buddha bowl with a variety of vegetables and grains
- 7. Lentil curry with brown rice
- 8. Turkey and vegetable foil packets
- 9. Zucchini noodles with homemade marinara sauce
- 10. Quinoa fried rice with mixed vegetables

With these 80 healthy and portable meals, you can say goodbye to unhealthy takeouts and hello to nutritious eating wherever you go. Whether it's breakfast, lunch, or dinner, you now have a variety of delicious options that are easy to prepare and perfect for on-the-go situations.

Choose your favorites from the list and start incorporating them into your daily life. Your body will thank you for nourishing it with wholesome ingredients that will

keep you energized throughout the day. Embrace the convenience of portable meals without compromising on your health. Bon appétit!



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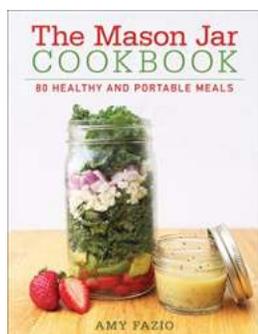
Our readers say it best: "great ideas for on the go breakfast and lunch. Easy to follow, simple recipes, with ingredients you probably have". "If you are struggling, as I was, to get more fruits and veggies into your diet, this makes it so simple" Amy Fazio's second book, The Mason Jar Cookbook, shows the versatility and convenience of creating dishes in the mason jar. No longer just for jellies and jam, mason jars are now being filled in the most creative and often super healthy ways, such as salads and casseroles. The easy-to-follow recipes in this book will show you how to prepare breakfast, lunch and dinner in a mason jar. Oh, and dessert! Can't forget dessert. Some of the recipes included in the book are: Pumpkin Pie Overnight Oats? Creamy Polenta with Bacon and Eggs? Spicy Watermelon and Cotija Salad? Roasted Butternut Squash and Kale Salad with Pepitas? Mexican Caesar Salad with greek yogurt dressing? Lazy Lasagna? Campers Sangria? Pie in a Jar The Mason Jar Cookbook will feature, in beautiful

full-color photos, over 100 ways to create, carry, and consume food in the mason jar. Many of the recipes will include tips on serving and storage. Several will also include notes on substituting ingredients to include seasonal fruits and vegetables. Beautiful, convenient, easy, versatile and just plain cool. Just some of the many reasons why everyone should have mason jars in their life. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.



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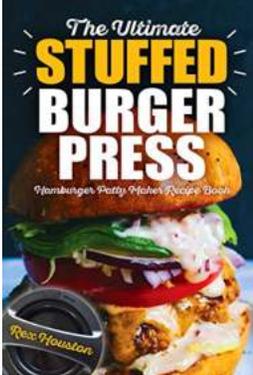
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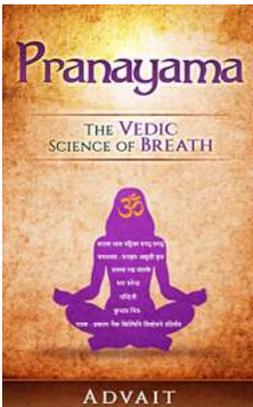
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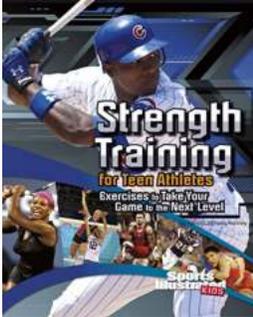
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