

Easy Lunch Recipes for Postpartum

- *Salads:*
 - *Pasta Salad: pasta type of your choice, bell pepper, cucumber, zucchini, halved cherry tomatoes, green onions, and other veggies of your choice, cheese of your choice, and dressing of your choice*
 - *Every Day Easy Salad: fresh greens, cucumber, red onion (if you like onions), nuts or seeds, and dressing*
 - *BBQ Chicken Salad: 1 tbsp olive oil, salt, pepper, romaine lettuce, 1 roma tomato diced, ¾ cup corn, ¾ cup black beans, chicken, ¼ cup shredded cheese, ¼ cup bbq sauce, ¼ cup tortilla strips, ranch dressing*
 - *Quinoa Fruit Salad w/ Lemon Vinaigrette: 2 cups cooked quinoa, 1 mango peeled and diced, 1 cup strawberries quartered, ½ cup blueberries, 2 tbsp nuts of your choice, chopped mint leaves. For the vinaigrette- ¼ cup olive oil, ¼ cup apple cider vinegar, zest 1 lemon, 3 tbsp lemon juice, 1 tbsp sugar*
 - *Taco Salad*
 - *Egg Salad*
 - *Chicken Salad*
- *Wraps*
 - *Chicken, turkey, ham, etc*
- *Sub Sandwiches*
- *Leftovers from dinner the night before are always easy!*

Quick Snack Ideas

- *Cottage Cheese with Apples*
- *Peanut butter, chocolate or caramel, and apples*
- *Avocado slices with cheese*
- *Avocado, grape tomato, and crackers*
- *Pepperoni, cheese, and crackers*
- *Bell peppers and cream cheese with everything seasoning*
- *Muffins*
- *Guacamole and chips*
- *Granola bars*
- *Protein bars*
- *Pretzels*

- *Peanuts, almonds, walnuts, etc*
- *Chex mix*
- *Jerky*
- *Hummus and crackers*
- *Fruits*
- *Banana bread*
- *Popcorn*
- *Small smoothies*
- *Hard boiled eggs*
- *Fruit popsicles*
- *No bake cookie dough bites*
- *Cucumbers*
- *Cliff Bars*
- *Larabars*