



## Avoid Brown Bag Boredom: 8 Lunch Tricks We Stole From the Pros

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Who's ready to #BrownBagit? Taking a step toward a healthier diet is as easy as ditching takeout in favor of a nutritious, homemade lunch. But are you letting an excuse — it's too time-consuming, you aren't sure what to pack, or you get bored with the same old sandwich every day — stand in your way? We checked in with our team of experts and got their insider tips on making packing lunch easy, healthy, and tasty. (Hint: it's all about the prep work!)

“Spend some time navigating your grocery aisles in search of healthy whole grain breads and wraps. Try to mix it up! Fill your cart with an oat bran wrap, then a spelt flatbread, and maybe a multigrain low-calorie bread. Stock your freezer with breads consisting of a variety of grains, so your body is constantly being introduced to new ingredients, and is forced to vamp up your metabolism as a result!”

**-Franci Cohen, MA, personal trainer and certified nutritionist**

“Prepare several vegetable-based aioli spreads in advance and freeze in ice cube trays. The night before, simply put a frozen aioli cube in the fridge; it will defrost to a spreadable texture by morning. Some great aioli ideas include: Basil or Arugula Aioli (combine fresh basil or arugula in a blender with garlic, lemon juice, pine or walnuts, a healthy oil or avocado as a base, and some fresh herbs and seasonings) or Grilled Red Pepper Aioli (combine leftover grilled bell peppers with low-fat chipotle mayo, and a bit of raw oats to bind the mixture). Then, grab a bread, a protein, precut veggies, and your favorite aioli. Assemble in seconds!”

**-Franci Cohen, MA, personal trainer and certified nutritionist**