

Lunch Ideas

Low Carb/High Protein

Medical Bariatrics of Lexington

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Lettuce Wraps

Spread lettuce with ¼ tsp of lite dressing of your choice, add turkey, lean ham, or chicken and wrap for a lettuce sandwich.

Beef Jerky and Raw Veggies

Beef Jerky or Slim Jims with cut carrots and broccoli with lite ranch dip.

BLT Wrap and Cottage Cheese

BLT (Bacon, Lettuce, Tomato) with Extreme Wellness High Fiber Tortilla Wraps (available in Mexican food section of Kroger) and low fat cottage cheese.

Pizza Crackers

WASA cracker (available in the health food isle of Kroger) with a piece of cheese and a piece of pepperoni makes a wonderful tiny pizza taste. (no more than 10)

Stuffed Tomato

Stuff tomatoes with tuna salad.

Homemade Veggie Soup in a Thermos

Tomato Juice, Stewed Tomatoes, Frozen mixed veggies and stew meat with a dash of seasoning to taste.

Chef Salad

Mixed green salad with almond slices, and cut chicken strips or a meat of your choice.

Cheese Wraps

Sausage Links or deli meat wrapped with your favorite cheese slices. You can easily add lettuce or tomato slices between the cheese and meat for added protein.

Dinner Left Overs

Cold chicken, steak, anything from the night before is still ok for lunch anytime!

MBL Microwave Meals

Try from a variety of meals....5 Bean Casserole, Spagetti and Meatballs, Lasgna, Pot Roast and Gravy, plus more to choose from.

Cottage Cheese & Strawberries

¾ cup of cottage cheese with a ½ cup of strawberries and a protien drink to quench your thirst!

In a Pinch.....

A control bar helps control your hunger for up to 9 hours....but don't use the control bar to replace your breakfast.

And of course don't forget a bottle of water to drink!