



balance™

MEAL KIT

HEALTHY, WELL-BALANCED
MEALS MADE EASY



NO NEED TO MEASURE

PRE-PORTIONED PROTEIN, GRAIN, FRUIT AND VEGETABLE CONTAINERS





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CONGRATULATIONS

With the **Rubbermaid® balance™ Meal Kit**, you've taken a step toward healthier eating.

In this guide you'll learn how to make the right food choices to improve your health and wellness. You'll also learn how the **Rubbermaid® balance™ Meal Kit** can help you create nutritious, well-balanced meals, quickly and easily.

If you want to stay healthy, you need to eat healthy. It's important to eat a variety of foods from all the different food groups in the right amounts.

Finding that balance between food and lifestyle may seem like a challenge. But by starting and sticking with healthier food choices, you'll come to appreciate how easy and delicious a well-balanced diet can be.

Happy and healthy eating.

Marisa Moore, MBA RDN LD

For the past 10 years, Marisa has worked in clinical nutrition, wellness and the food industry. She has managed the nutrition worksite wellness program for the **U.S. Centers for Disease Control (CDC)** and has been a spokesperson for the **Academy of Nutrition and Dietetics**. Marisa also served as President of the **Georgia Dietetic Association (GDA)**. She is currently a contributing editor for *Food and Nutrition Magazine*, where she writes about food and nutrition trends and topics.

The Rubbermaid logo is a red, rounded rectangular shape with the word "Rubbermaid" written in white, bold, sans-serif font. A registered trademark symbol (®) is located to the right of the word.

For many people, healthy eating is a diet to help get into those skinny jeans. As a nutritionist, Marisa knows that it is much more than that: It's actually a lifestyle. Getting the essential nutrients, controlling your weight, along with staying active, can lead to lifelong health. And you can enjoy it with the right tools and support.

That's what brought Rubbermaid and Marisa together. One of the toughest challenges her clients face is understanding and following proper portion control. Rubbermaid was able to meet the challenge.

The **Rubbermaid® balance™ Meal Kit** makes it quick and easy to pack a healthy, well-balanced meal that you can take with you. And because it's from Rubbermaid, you know that you can count on it to stand up to everyday challenges.

INSIDE: HELPFUL AND HEALTHY INFORMATION

— Inside this booklet you'll find lots of useful information and tips to help you on your healthy-eating journey.

The Benefits of Eating Better — Which foods you should eat more and less of, and why it matters.

How Much You Should Eat — Eating the right foods, in the right amounts, and how the **Rubbermaid® balance™ Meal Kit** helps make it quick and easy.

Food Preparation Tips — Helpful tips and time-saving tricks to get your healthy eating off to a quick start.

A Month of Lunches Calendar — Filled with healthy, balanced recipes.

Note: The ideas, concepts and opinions expressed in this booklet are intended to be used for educational purposes only. The booklet and the Rubbermaid® balance™ food storage containers are sold with the understanding that Rubbermaid Incorporated and Marisa Moore Nutrition, LLC are not rendering medical advice of any kind, nor is the booklet intended to replace medical advice, nor to diagnose, prescribe or treat any disease, condition, illness or injury. It is imperative that before beginning any diet or exercise program you receive full medical clearance from a licensed physician. Rubbermaid Incorporated and Marisa Moore Nutrition, LLC claim no responsibility to any person or entity for any liability, loss or damage caused or alleged to be caused directly or indirectly as a result of the use, application or interpretation of the material in the booklet.

THE BENEFITS OF EATING BETTER



For the average adult, eating out adds about **134 extra calories** to each meal. That can add up to roughly **2 extra pounds** a year.¹



Eating healthier might cost a little bit more now. But compared to the high cost of diet related chronic disease, you could **save up to \$650 per year.**²



People who eat an unhealthy diet are **more likely** to report lower productivity levels at work than those who regularly eat fruits, vegetables and whole grains.³

ERS Research Note: Every meal away from home increases an adult's average daily calorie count by about 134 calories, according to the U.S. Department of Agriculture.

Sources – ¹Calorie and Weight Data. Todd, Jessica E., Lisa Mancino and Biing-Hwan Lin. The Impact of Food Away From Home on Adult Diet Quality, ERR-90, U.S. Department of Agriculture, Economic Research Service, February 2010. ²Comparison. Study <http://bmjopen.bmj.com/content/3/12/e004277.full?sid=820d6e1a-280e-47a6-b8c5-498bfa4657e3>.

³About Productivity. Merrill RM, Aldana SG, Pope JE, Anderson DR, Coberley CR, Whitmer RW. Presenteeism according to healthy behaviors, physical health and work environment. Popular Health Management. 2012 Oct;15(5):293-301. <http://www.ncbi.nlm.nih.gov/pubmed/22856386>.

THE IMPORTANCE OF PORTION CONTROL



You've probably noticed that, over the years, food portions in restaurants have grown considerably larger, and with it, our waistlines. Although, if you haven't noticed, it's understandable. These over-stuffed plates have created a new *normal*. Which helps explain why, today, more than two-thirds of adults in the U.S. are considered to be overweight or obese.¹

TAKE BACK CONTROL OF YOUR PORTIONS, STARTING WITH MAKING HEALTHIER FOOD CHOICES. AND WITH THE RUBBERMAID® balance™ Meal Kit, PACKING A LUNCH WITH THE RIGHT PORTION SIZES IS EASY.



Source – ¹<https://www.niddk.nih.gov/health-information/health-statistics/Pages/overweight-obesity-statistics.aspx>.

PORTION SIZES

LEARN TO EYEBALL PORTION SIZE BY IMAGINING FAMILIAR OBJECTS.



Sources – Protein, Grain, Fruit and Vegetable: http://diet.mayoclinic.org/diet/eat/portion-control-guide?xid=nl_MayoClinicDiet_20141027. Dairy: <http://www.mayoclinic.org/healthy-lifestyle/weight-loss/multimedia/portion-control/sls-20076148?s=5>.

SIZING UP THE RIGHT PORTION SIZE



Today's larger portions can add unintentional calories to your diet, which can add extra inches to your waistline. Making healthy food choices also means downsizing to healthier portion sizes. Here are some tips to help keep your portions, and your calories, under control.

PORTION CONTROL TIPS:



Use smaller plates for smaller portions and waistlines



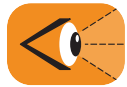
At a restaurant, **box up half your meal** before you start eating



Eat a healthy appetizer and soup or salad instead of an entrée



Scan food labels and restaurant menus for hidden calories



Learn to **"eyeball" your food** to make sure it is sized just right



Split a dish, and the total calories, with a friend



If second helpings are calling, **it's better not to answer**

WHY PACKING A LUNCH MAKES A HUGE DIFFERENCE

PACKING YOUR OWN LUNCH GIVES YOU A LOT MORE CONTROL OVER WHAT YOU EAT, COMPARED TO WHAT YOU MIGHT FIND AT THE CORNER CAFÉ.

Eating out means extra calories. A packed lunch can also be more trimming. A survey conducted by the The New York City Bureau of Chronic Disease Prevention and Control found that a restaurant lunch averaged about 827 calories. While 34% of those surveyed ordered meals averaging 1,000 calories or more — calories that over the course of a year could lead to weight gain and other health problems.

You won't just be saving on calories. According to bankrate.com, it costs about \$3 to pack your own lunch, or around 30% to 50% less than eating at a restaurant.

While according to MSN Money, with the average restaurant lunch costing around \$9, buying lunch every day would cost about \$2,340 a year. Money that would be better served packing for a vacation.

You'll know what you're eating. That's because you're doing the packing. With so many healthy foods to choose from, there's no limit to the tastefully nutritious meals you can pack — balanced meals that combine ingredients from the four major food groups. Properly-sized and affordable portions designed to help keep the weight off and the savings up.

HEALTHY EATING IS ALL ABOUT BALANCE



START BY CHOOSING FROM THE FOUR MAIN FOOD GROUPS IN THE RIGHT AMOUNTS.

No one food will give you all the nutrients your body needs. So choose from a variety of foods from each food group to build a healthy meal. And don't forget, how much you eat is just as important as what you eat. Obviously, larger portions have more calories. But larger portions also encourage you to eat more and underestimate how much you're actually eating.

The Rubbermaid® balance™ Meal Kit can make portion control easier. Its four containers are specifically-portioned and color-coded for each of the four main food groups. With the **Rubbermaid® balance™ Meal Kit**, you can feel confident that lunch is a healthier size. Read on for tips about how to incorporate the different food groups into your diet to achieve the right balance.



The Rubbermaid® balance™ Meal Kit

Purple Protein Container



PROTEINS

The Protein Group consists of all foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds. (Beans and peas are also part of the Vegetable Group.) Protein foods are the building blocks of the body and can help you feel satisfied after a meal.¹

US Dietary Guidelines recommend eating a variety of protein foods, including at least 8 ounces of cooked seafood per week. Opt for choices rich in omega-3 fatty acids, such as salmon, trout, sardines, anchovies, and Atlantic and Pacific mackerel. Vegetarian options include beans and peas, soy foods, and nuts and seeds. Your meat and poultry choices should be lean or low-fat. And when snacking on proteins, unsalted nuts and seeds will help keep your sodium intake low.

Portion Size – Most healthy adults should eat at least **5-1/2 to 6 ounces of protein** each day. Simply fill the purple protein container with lean or low-fat meat and poultry, or other protein favorites; snap on the lid; then place the container into the **Rubbermaid® balance™ Meal Kit**.

Source – ¹U.S. Department of Agriculture.

Note: Recommended portions are based on average recommended portions of fruits, grains, vegetables and protein for adults ages 19–51. Actual calories and nutritional content will depend on the specific foods selected and your specific nutritional needs.

EASY IDEAS FOR PROTEIN SNACKS



Protein snacks help you feel full longer, reducing food cravings throughout the day. Try these power-packed protein snacks.

GREEK YOGURT



100-CALORIE ALMOND PACKS



MINI CHEESES OR STRING CHEESE



PEANUT BUTTER PACK



TURKEY ROLL-UPS



PROTEINS

The Rubbermaid® balance™ Meal Kit

Orange Grains Container



GRAINS

This group is divided into two subgroups, **Whole Grains** and **Refined Grains**. Whole grains include whole wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal and brown rice. Refined grains have been milled, which removes the bran and germ, to give the grain a finer texture and improve their shelf life. But the process also removes dietary fiber, iron and many B vitamins. Examples of refined grain products are white flour, de-germed cornmeal, white bread and white rice. Choose whole grains at least half the time, making sure to read the ingredients list.¹

When properly chosen, grains give you energy, fiber and minerals. Research has shown that grains may also help with weight management and reduce the risk of type 2 diabetes and heart disease.¹

Portion Size – You'll need **6 to 8 ounces of grains** a day. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, cooked pasta, or cooked cereal are considered 1 ounce-equivalents. Fill the orange grains container with brown rice stuffing, whole wheat mac and cheese or a whole grain pilaf with a mix of barley, wild rice or brown rice.

Source – ¹U.S. Department of Agriculture.

Note: Recommended portions are based on average recommended portions of fruits, grains, vegetables and protein for adults ages 19–51. Actual calories and nutritional content will depend on the specific foods selected and your specific nutritional needs.

EASY IDEAS FOR WHOLE GRAIN SNACKS

Rubbermaid®

Whole grain snacks can potentially help control your appetite and help regulate blood sugar levels throughout the day.¹
Try snacking on these.

WHOLE GRAIN CEREALS



100% WHOLE GRAIN CRACKERS



POPCORN



MINI RICE CAKES



GRAHAM CRACKERS



Source – ¹<http://wholegrainscouncil.org>.


GRAINS

The Rubbermaid® balance™ Meal Kit

Red Fruit Container



FRUITS

Any fruit or 100% fruit juice is part of this group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up or pureed.¹

Fruits have many essential nutrients, including potassium, dietary fiber, vitamin C and folic acid. Most fruits are naturally low in fat, sodium and calories. Fruits don't have cholesterol. As part of a healthy diet, fiber from fruits helps reduce blood cholesterol levels and may lower your risk of heart disease. Fiber-containing foods such as fruits also help give you a feeling of fullness with fewer calories. But don't forget that fruit juices contain little or no fiber. When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup to help reduce the calorie count.

Portion Size – Healthy eating includes about **1-1/2 to 2 cups of fruit** each day. Your fruit can be fresh, frozen, dried or canned. In general, 1 cup of fruit or 100% fruit juice or a 1/2 cup of dried fruit is considered a cup. Adding fruit to your day is easy. Make a Waldorf salad, with apples, celery, walnuts, and a low-calorie salad dressing, or mix fresh fruit with plain yogurt. Or use the red fruit container to take canned peaches, applesauce or other fruit favorites with you.

Source – ¹U.S. Department of Agriculture.

Note: Recommended portions are based on average recommended portions of fruits, grains, vegetables and protein for adults ages 19–51. Actual calories and nutritional content will depend on the specific foods selected and your specific nutritional needs.

EASY IDEAS FOR FRUIT SNACKS

Rubbermaid[®]

Fresh fruit is a perfect go-to snack when you're on the go. Fruits are packed with quick energy and delicious taste. And with so many healthy fruits to choose from, boredom is never an option.

SMALL APPLE



MELON AND BERRIES



GRAPES



ORANGE



SMALL BANANA



The Rubbermaid® balance™ Meal Kit

Green Vegetable Container



VEGETABLES

Any vegetable or 100% vegetable juice is in this group. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated; and may be whole, cut-up or mashed.¹

Most vegetables are naturally low in calories and packed with nutrients. Based on their nutrient content, they're organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. From sweet potatoes, tomatoes and squash to greens like kale and cabbage, there's a vegetable for everyone.

Portion Size – A healthy diet includes **2–3 cups of vegetables** a day. They can be fresh, frozen or canned. For the green vegetables container, choose vegetables from all categories including, dark green, red and orange vegetables, beans and peas, and starchy vegetables like sweet potatoes. This is not only healthy eating, but variety helps keep meals interesting. Buy vegetables that are easy to prepare. Packages of baby carrots or celery sticks make good quick snacks. Add baby carrots, shredded red cabbage or grape tomatoes to greens to make a colorful salad in minutes. And include in-season vegetables throughout the year.

Source – ¹U.S. Department of Agriculture.

Note: Recommended portions are based on average recommended portions of fruits, grains, vegetables and protein for adults ages 19–51. Actual calories and nutritional content will depend on the specific foods selected and your specific nutritional needs.

EASY IDEAS FOR VEGETABLE SNACKS



Eat your veggies. As a snack, too. Vegetables are a crunchy, convenient, anytime treat that are low in calories, and high in the essential nutrients your body needs. For a healthy snack try any of the below options — they are easy to package and keep in the fridge, so you'll always have them on hand.

CELERY STICKS



GREEN BEANS



CHERRY TOMATOES



SNAP PEAS



BABY CARROTS



VEGETABLES

MAKE DAIRY PART OF YOUR DAILY DIET



DAIRY

Milk and many foods made from it are in the Dairy Group. Foods made from milk that retain their calcium content are part of the group, while those that have little to no calcium, such as cream cheese, cream and butter, are not. Calcium-fortified soymilk is also included in the group. To get the most benefit, your choices from the Dairy Group should be low-fat or fat free.¹

Portion Size – According to the USDA, adults should have **3 cups of dairy products** daily. As a rule, 1 cup of milk, yogurt, or soymilk, 1-1/2 ounces of natural cheese, or 2 ounces of processed cheese is equal to 1 cup of dairy. People who are lactose intolerant can choose lactose-free dairy products such as cheese, yogurt, lactose-free milk, or calcium-fortified soymilk to receive the health benefits of dairy.

EASY IDEAS FOR DAIRY SNACKS

Can I snack on dairy? You sure can! Here are a few suggestions:

ONE STRING CHEESE



CULTURED DAIRY



COTTAGE CHEESE



GREEK YOGURT



Source – ¹U.S. Department of Agriculture.

AN ESSENTIAL SOURCE OF NUTRIENTS



FATS AND OILS

Though not a food group, Fats and Oils are an essential part of healthy eating because they provide important nutrients, like fatty acids and vitamin E. They also make food taste better. Some oils are a natural part of the foods you eat. Oils are part of many different plants and fish. Meet your healthy fat quota with options like avocado, plant based oils like olive oil or canola oil, nuts and nut butters, seeds and fatty fish like salmon, sardines and tuna.¹

EASY IDEAS FOR SNACKS WITH GOOD FAT

How can you add more good fat to your snacks?

TRY AVOCADO IN THE FORM OF GUACAMOLE



NUTS ARE ANOTHER GOOD OPTION



Source – ¹U.S. Department of Agriculture.

MAKE MEAL PREPARATIONS QUICK AND EASY

EATING HEALTHY ISN'T EASY WHEN YOU'RE STRESSED OUT. SO PLAN AHEAD. Pick one day to get ready for the upcoming week. Create your grocery list, go shopping and prepare a week's worth of healthy and delicious meals and snacks. Here are some tips that can help you make the most of your time in the kitchen:



Cook vegetables. Steam, sauté or roast vegetables to use throughout the week. Carrots, potatoes, green beans and lightly steamed broccoli will keep for a few days. Cucumbers, tomatoes and delicate greens like spinach or arugula are perfect raw.



Chop extra. Chop onions, bell peppers, celery, carrots and other vegetables to add to green and grain salads, stir-fries and other recipes. Cube melons, segment citrus and pull grapes from the stem so they're ready for a quick rinse on the day you'll eat them.



Get grains ready. Cook a batch of quinoa, brown rice or whole grain pasta to use as a base for the week. Make grain bowls or use grains in side dishes and salads. Combine oats with milk, fruit and nuts and refrigerate overnight for a healthy grab and go breakfast.

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Prepare proteins. Cook 2 to 3 different proteins. Boil half a dozen eggs. Cook a pound of black beans, chickpeas or lentils to make bean burgers or to top rice, pasta and salads. Buy a rotisserie chicken or roast one yourself. You can shred the roasted chicken, or slice pork tenderloin or turkey breasts for sandwiches or tacos.



Make lunch the night before. Get your **Rubbermaid® balance™ Meal Kit** ready before you turn off the kitchen light each evening. It's one less thing to do in the morning when you're rushing to get out the door.



Cook once, eat twice. When making a chili, soup, casserole or stew, try doubling the recipe and freezing the extra. Homemade meat or veggie burgers also freeze well. You'll save time and make next week's meal planning even easier.

A MONTH OF LUNCHES

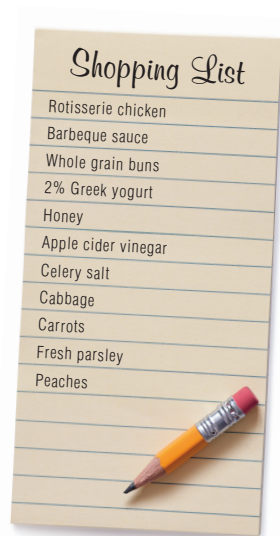
A MONTH OF LUNCHES IS A GREAT WAY TO GET STARTED WITH YOUR RUBBERMAID® balance™ Meal Kit.

We've planned out 4 weeks of unduplicated recipes made with ingredients from the four major food groups (see calendar on next page).

Whether you're just starting or continuing on your eating healthy journey, a Month of Lunches is serving up a variety of exciting meals that will keep lunch interesting all month long.

28 healthy lunches in less than 20 minutes each. Each healthy meal is designed to be ready to go in less than 20 minutes. And that includes prep and cook time. Then, just fill each of the four appropriately-sized color-coordinated food group containers, place them into the **Rubbermaid® balance™ Meal Kit**, and you're ready to go. Well, at least your lunch is.

Lunch daily, shop weekly. Weekly shopping lists make it quick and easy to pick up everything you'll need to prepare and pack a full week of lunches. The ingredients you'll need and utensils you'll use are clearly spelled out. It doesn't get much easier than that.



Meal Planner

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 	BBQ Pulled Chicken and Slaw	Italian-Style Chicken, Rice and Parmesan Broccoli	Whole Grain Ham and Cheese Sandwich with Dijon Mixed Greens	Mediterranean-Style Tuna Salad with Garlicky Green Beans	Easy Spaghetti and Meatballs	Lemon Parsley Tuna with White Bean Orzo Salad	Spicy Almond Tofu with Rice Noodles and Vegetables
Week 2 	Quick Chicken Parmesan	Almond Pesto Pasta with Sweet Potatoes and Apples	Pan Seared Pork, Sautéed Apples and Roasted Brussels Sprouts	Triple Sesame Salmon Noodle Box	Sesame Ginger Steak with Quinoa and Mixed Greens	Roast Beef with Savory Rice and Parmesan Roasted Green Beans	Chicken Teriyaki Meatballs with Brown Rice and Pineapple
Week 3 	Herbed Hummus Dipping Box	Lemon Rosemary Salmon with Garlicky Kale and Quinoa	Marinated Shrimp with Greek Salad	Chicken and Salsa Tacos	Roasted Shrimp, Corn and Zucchini with Tomato Salad	Roasted Vegetables with Walnut Cranberry Bulgur Salad	Vegetable "Fried" Rice Box
Week 4 	Avocado Lime Tuna Salad	Egg Salad on Rye with Tomato and Arugula	Fajita Black Bean Bowl	Smoked Salmon with Parmesan Pea Pasta and Asparagus	Turkey, Swiss Flatbread with Pears and Arugula	Chicken and Avocado Pasta Salad	Spicy Edamame, Quinoa and Sesame-Ginger Broccoli Slaw

TIPS FOR USING RECIPES/ MEAL IDEAS

THESE RECIPES ARE DESIGNED TO YIELD ONE SERVING BUT CAN BE EASILY DOUBLED FOR YOUR WEEKLY MEAL PREP. SAVE TIME BY PREPPING SEVERAL SERVINGS OF A RECIPE.

Because meal prep can take a lot of time, we've designed these recipes to minimize clean up wherever possible. Pack each part of the meal as you go and reuse the same bowls, pots, pans and skillet to save time and energy on clean up.

These are suggestions to help you get started. Feel free to swap out the protein, grains, fruits or vegetables to suit your personal taste or to match what's in season where you are.

Get creative. If you're all out of oregano or just don't like cilantro, sub your favorite fresh or dried herbs to pump up the flavor. If you enjoy more or less garlic, let your taste buds rule.

- Cook grains in broth or add a splash of fruit juice to water for extra flavor and pizzazz.

Take shortcuts:

- Pick up a rotisserie chicken for a quick protein that doesn't require cooking.
- Rinse and drain canned beans if you don't have time to make them from scratch.
- Buy frozen vegetables and pre-washed salad greens to save time in the kitchen.
- Make your own sauce or buy a good quality one. These days it's easy to find bottled sauces and dressings that are free of preservatives and artificial ingredients.
- You'll notice that some of the recipes include sauces made from scratch and others call for store-bought dressing or marinara sauce. This reflects real life for most people. Get the best ones you can to fit the time you have available.

TIPS FOR USING RECIPES/ MEAL IDEAS, Continued



Be flexible in the kitchen:

- Don't have fresh garlic? Simply substitute 1/4 teaspoon garlic powder for every fresh clove.
- Fresh ginger adds spice and zing but it's not a staple in many homes. Get similar flavor by substituting 1/4 teaspoon ground ginger for every 1 teaspoon fresh ginger.
- Avocado oil has a rich, buttery flavor but may be hard to find in some places. Use olive, peanut or canola oil as a substitute. Many oils are interchangeable but be sure to use the most flavorful ones (like extra virgin olive oils

or nut oils) for salads and other vegetables that won't be cooked. Important note: Sesame oil and toasted sesame oil are not the same. Toasted sesame oil has a delicious but strong flavor and should be added when you want intense flavor – in small amounts.

Use leftovers to your advantage. Remix leftovers by adding pesto, salsa or marinara sauce to meat, beans or vegetables and add them to your **Rubbermaid® balance™ Meal Kit** for lunch the next day.

*Technical Note: All recipe instructions assume you'll add each component to the appropriate **Rubbermaid® balance™ Meal Kit** compartment once prepared.*

BBQ Pulled Chicken and Slaw

Yield: 1 Meal

PULLED BARBEQUE CHICKEN:

2/3 cup warm shredded rotisserie or baked chicken
2 tablespoons good quality barbeque sauce

1 SMALL WHOLE GRAIN BUN

HEALTHIER COLESLAW:

Dressing:

2 tablespoons 2% Greek yogurt
1/2 tablespoon honey
2-1/4 teaspoons apple cider vinegar
1/8 teaspoon black pepper
Pinch celery salt
1-1/4 cup shredded cabbage and carrots (coleslaw mix)
1/2 tablespoon chopped fresh parsley

PEACH SLICES

PREPARATION

- 1.** In a small mixing bowl, whisk dressing ingredients. Add cabbage and carrots. Toss to coat. Top with parsley.
- 2.** Toss the warm shredded chicken with barbeque sauce. Pack a whole grain bun to make a sandwich.
- 3.** Pack fresh peach slices for a sweet, cool dessert.



Italian-Style Chicken, Rice and Parmesan Broccoli

Yield: 1 Meal

ITALIAN STYLE CHICKEN:

1 – 4 ounce chicken cutlet (or tenderloins)
1 tablespoon extra virgin olive oil
1 teaspoon dried Italian herbs
Salt and pepper to taste

SEASONED RICE:

1-1/4 cups wild or brown rice (cooked in chicken broth)
1/4 teaspoon each garlic powder and Italian herbs
Salt and pepper to taste

PREPARATION

1. Using chicken broth instead of water, cook the rice according to package directions. Season with the garlic powder, Italian herbs, salt and pepper.
2. Drizzle chicken with olive oil, Italian herbs, salt and pepper.
3. In a skillet over medium-high heat, sauté chicken 2 minutes on each side or to an internal temperature of 165°F. (Thicker pieces must cook longer.) Let the chicken rest for 5 minutes. Slice.
4. In the same skillet, sauté the garlic in olive oil until fragrant. Add broccoli and cook 2 minutes or until the broccoli is bright green. Remove from the heat. Top with grated Parmesan.
5. Pack fresh grapes to enjoy as a snack.



Find additional recipes at:
www.rubbermaid.com/balance

PARMESAN BROCCOLI:

1-1/4 cup broccoli florets
2 teaspoons extra virgin olive oil
1 clove garlic, minced
1 tablespoon freshly grated Parmesan cheese

GRAPES



Whole Grain Ham and Cheese Sandwich with Dijon Mixed Greens

Yield: 1 Meal

HAM AND CHEESE SANDWICH:

4 ounces sliced ham
1 ounce cheddar cheese (1 slice)
1 tablespoon Dijon mustard (optional)

1 SLICE WHOLE GRAIN BREAD

DIJON MIXED GREENS:

1/4 teaspoon Dijon mustard
1 teaspoon red wine vinegar
1 tablespoon extra virgin olive oil
Salt and pepper to taste
1-1/4 cup mixed salad greens

GREEN APPLE SLICES

PREPARATION

1. Layer sliced ham with cheddar cheese. Include a dollop of Dijon mustard in between, if desired. Pack a slice of whole grain bread to have a sandwich.
2. Mix the Dijon, red wine vinegar, olive oil, salt and pepper in the vegetable compartment. Add the mixed greens on top. (Toss just before eating.)
3. Pack apple slices to enjoy wrapped with the ham and cheese or atop the mixed greens salad.



Mediterranean-Style Tuna Salad with Garlicky Green Beans

Yield: 1 Meal

MEDITERRANEAN-STYLE TUNA SALAD:

4 ounces canned tuna, drained
1/2 teaspoon extra virgin olive oil
2 tablespoons diced red onion
3 tablespoons sliced olives (9 olives)
1-1/2 teaspoon chopped fresh parsley
Salt and pepper to taste

6 WHOLE GRAIN CRACKERS

PREPARATION

1. Combine the tuna, olive oil, onion, olives, fresh parsley, salt and pepper. Stir to combine. Pack.
2. In a skillet over medium-high heat, sauté the garlic in the olive oil until fragrant. Add the green beans, lemon juice, water, salt and pepper. When the green beans turn a bright green color, remove from the heat and top with lemon zest.
3. Add whole grain crackers and a mix of blueberries and raspberries to complete the meal.

GARLICKY GREEN BEANS:

1/2 teaspoon extra virgin olive oil
1 clove garlic, minced
1-1/4 cup green beans
1 teaspoon fresh lemon juice
1 tablespoon water
1/4 teaspoon fresh lemon zest
Salt and pepper to taste

BLUEBERRIES AND RASPBERRIES

Rubbermaid®

Find additional recipes at:
www.rubbermaid.com/balance



Easy Spaghetti and Meatballs

Yield: 1 Meal

MINI TURKEY MEATBALLS:

1/4 pound lean ground turkey
1/2 teaspoon each dried oregano, onion and garlic powder
1 tablespoon breadcrumbs
Salt and pepper to taste
3/4 cup marinara sauce
1 teaspoon olive oil

WHOLE GRAIN SPAGHETTI WITH MARINARA:

3/4 cup cooked whole grain spaghetti
1/2 cup your favorite marinara sauce

SAUTÉED GREEN BEANS:

1 teaspoon extra virgin olive oil
1-1/4 cups whole green beans
1 clove garlic, minced
Salt and pepper to taste

FROZEN GRAPES

PREPARATION

1. Cook spaghetti according to package directions. Drain and toss in the marinara sauce.
2. Using your hands, lightly knead the spices, onion, breadcrumbs, salt and pepper into the turkey. Roll into 8 equal meatballs. Heat oil in a skillet over medium-high heat. Cook the meatballs about 10 minutes or until cooked through, turning periodically to ensure even cooking. Toss the cooked meatballs in the marinara sauce.
3. Using the same skillet, heat oil over medium-high heat. Add the green beans, garlic, salt and pepper. Sauté until seared and tender-crisp, about 3 minutes.
4. Pack frozen grapes for dessert akin to fruit sorbet.



Lemon Parsley Tuna with White Bean Orzo Salad

Yield: 1 Meal

LEMON PARSLEY TUNA:

1 – 6 ounce can tuna, drained
1 tablespoon extra virgin olive oil
1 tablespoon red onion, finely diced
Zest and juice of 1/2 small lemon
1 tablespoon chopped fresh parsley
Salt and pepper to taste

WHITE BEAN AND ORZO SALAD:

3/4 cup cooked whole grain orzo
1/2 cup white (cannellini) beans,
rinsed and drained if using canned
1 tablespoon extra virgin olive oil
Zest and juice of 1/2 small lemon
1 tablespoon chopped fresh parsley
Salt and pepper to taste

PREPARATION

1. Cook orzo using package directions. Drain. Toss with the remaining orzo salad ingredients. Enjoy with a few tomatoes tossed in when you're ready to eat.
2. Add tuna salad ingredients to a small bowl. Toss to combine.
3. In a small bowl, whisk the lime juice and honey. Add the berries and lime zest. Toss and top with fresh mint.

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MIXED CHERRY TOMATOES, HALVED

HONEY LIME BERRY SALAD:

1 teaspoon honey
1 lime, juiced (reserve 1/2 teaspoon zest)
2/3 cup mixed berries
1/2 teaspoon chopped fresh mint



Spicy Almond Tofu with Rice Noodles and Vegetables

Yield: 1 Meal

SPICY ALMOND TOFU:

1 cup extra firm tofu (1/2 inch cubes),
pressed to remove excess water

SPICY ALMOND SAUCE:

2 tablespoons almond butter
1 teaspoon soy sauce
1 teaspoon Sriracha hot sauce
1/4 teaspoon red pepper flakes
1/2 tablespoon brown sugar
1/2 fresh lime, juiced
1 tablespoon hot water
1 teaspoon grated ginger
Salt to taste
1 tablespoon chopped scallions

RICE NOODLES:

1 cup cooked rice noodles*
*1 pot boiling water to steam vegetables and prepare rice noodles

STEAMED BROCCOLI AND CARROTS:

1-1/4 cup broccoli florets and carrot slices
1/2 teaspoon extra virgin olive oil
Salt and pepper to taste

TANGERINE SEGMENTS



Spicy Almond Tofu with Rice Noodles and Vegetables, Continued

Yield: 1 Meal



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PREPARATION

1. Preheat oven to 350°F. Line a baking sheet with parchment. Add tofu in a single layer. Roast 30 minutes, until lightly browned.
2. In medium bowl, whisk the sauce ingredients. Set aside.
3. Add broccoli and carrots to a steam basket atop the pot of boiling water. Steam 10 minutes or until desired tenderness. Remove from heat. Toss vegetables with olive oil, salt and pepper.
4. Prepare rice noodles using package instructions and boiling water above. Rinse and drain.
5. Toss the warm tofu then noodles in the sauce. Sprinkle with scallions.
6. Pack fresh tangerine segments to enjoy on the side.



Quick Chicken Parmesan

Yield: 1 Meal

QUICK CHICKEN PARMESAN:

1 – 4 ounce chicken breast
1/4 teaspoon Italian seasoning
Salt and pepper to taste
1/4 cup prepared marinara sauce
1 tablespoon shredded Parmesan

PASTA WITH MARINARA:

1 cup whole grain penne pasta
3/4 cup marinara sauce

BALSAMIC SPINACH SALAD:

1/2 teaspoon extra virgin olive oil
1 teaspoon balsamic vinegar
Salt and pepper to taste
1-1/4 cups baby spinach
1 tablespoon slivered almonds

MIXED BERRIES

PREPARATION

1. Cook spaghetti according to package directions. Drain and toss in the marinara sauce.
2. Preheat oven to 375°F. Sprinkle chicken with Italian seasoning, salt and pepper. Top with marinara and Parmesan cheese. Bake 20 minutes (or until the chicken reaches 165°F internal temperature).
3. Drizzle extra virgin olive oil, balsamic vinegar, salt and pepper onto the bottom of the vegetable compartment. Top with spinach and slivered almonds. (Toss just before eating.)
4. Pack mixed berries to enjoy with the salad or as dessert.



Almond Pesto Pasta with Sweet Potatoes and Apples

Yield: 1 Meal



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ROASTED ALMONDS

PESTO PASTA:

1-1/4 cup cooked pasta
2 tablespoons prepared pesto sauce

ROASTED SWEET POTATOES:

1-1/4 cup diced sweet potato
1/2 teaspoon peanut, coconut or canola oil
1 tablespoon brown sugar
1/4 teaspoon ground cinnamon
Pinch of salt

1 SMALL APPLE, SLICED

PREPARATION

1. Toss warm cooked pasta and almonds in pesto sauce.
2. Preheat oven to 400°F. In a small bowl, combine the oil, sugar, cinnamon and salt. Add sweet potatoes. Toss to combine. Arrange sweet potatoes on a baking sheet in a single layer. Roast at 400°F about 20 minutes or until soft on the inside and golden brown on the outside.
3. Pack fresh apple slices to complete the meal.



Pan Seared Pork, Sautéed Apples and Roasted Brussels Sprouts

Yield: 1 Meal

SEARED PORK TENDERLOIN:

6 ounce pork tenderloin
1/4 teaspoon cumin
1/2 teaspoon brown sugar
1 teaspoon canola oil
Salt and pepper to taste

GARLIC AND HERB COUSCOUS:

1 cup cooked whole grain couscous
1 tablespoon fresh lemon juice
1/8 teaspoon lemon zest
1 clove garlic, minced
2 tablespoons finely chopped parsley
Salt and pepper to taste

ROASTED BRUSSELS SPROUTS:

1-1/4 cup fresh baby Brussels sprouts, halved
2 teaspoons extra virgin olive oil
Salt and pepper to taste

SAUTÉED CINNAMON APPLES:

1 cup fresh apple slices (1/2 large apple)
1 teaspoon butter or coconut oil
1/2 teaspoon brown sugar
1/8 teaspoon ground cinnamon
Pinch of salt



Pan Seared Pork, Sautéed Apples and Roasted Brussels Sprouts, Continued

Yield: 1 Meal



Find additional recipes at:
www.rubbermaid.com/balance

PREPARATION

1. Cook couscous using package directions. Fluff with a fork. Stir in remaining ingredients.
2. Preheat oven to 400°F. Pat pork dry. Rub with brown sugar, cumin, salt and pepper. In oven safe skillet, heat oil over medium-high heat. Sear pork about 2 minutes per side. Bake about 15 minutes, turning once, until pork reaches 145°F internal temperature. Let rest 3 minutes. Slice.
3. Preheat oven to 425°F. Spread Brussels sprouts onto baking sheet in a single layer. Add olive oil, salt and pepper. Toss. Roast 15 minutes.
4. Melt butter in a skillet. Add apple slices. Sauté on medium-high heat 5 minutes, until desired tenderness. Add cinnamon, sugar and salt. Turn off the heat. Stir until well combined and syrupy. Enjoy as a dessert.



Triple Sesame Salmon Noodle Box

Yield: 1 Meal

SESAME ROASTED SALMON:

1 – 6 ounce salmon fillet
1/4 cup sesame vinaigrette
Salt and pepper to taste

(For maximum flavor, marinate the salmon for a few hours up to overnight.)

SESAME RICE NOODLES:

1 cup warm cooked rice noodles
2 tablespoons sesame vinaigrette
1 tablespoon chopped green onion

PREPARATION

1. Prepare rice noodles using package instructions. Rinse, drain and toss in sesame vinaigrette.
2. Preheat oven to 450°F. Season salmon with salt and pepper. Brush with sesame vinaigrette on both sides. Place in a baking pan (lined with foil for easy clean up). Top with leftover vinaigrette. Bake 12–15 minutes or until fish is cooked through. Cool and flake fish to serve.
3. Mix cucumbers, sesame vinaigrette and crushed red pepper flakes. Top with sesame seeds.
4. Pack fresh mandarin orange segments to enjoy on the side.

SPICY SESAME CUCUMBER SALAD:

1-1/4 cups thin cucumber slices
2 tablespoons sesame vinaigrette
Pinch crushed red pepper flakes
1/2 teaspoon toasted sesame seeds

MANDARIN ORANGE SEGMENTS



Sesame Ginger Steak with Quinoa and Mixed Greens

Yield: 1 Meal



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SESAME GINGER STEAK:

4 ounce flank steak, sliced into 1 inch strips
2 tablespoons sesame ginger vinaigrette

SEASONED QUINOA:

1-1/4 cup cooked quinoa
1 tablespoon sesame ginger vinaigrette

MIXED SALAD GREENS WITH CHERRY TOMATO HALVES

1 SMALL ORANGE, SEGMENTED

PREPARATION

1. Using broth instead of water, cook the quinoa according to package directions. Drizzle with the sesame vinaigrette while still warm.
2. Marinate steak strips in the vinaigrette for at least 10 minutes (up to 1 day). Sauté steak in a hot pan for 2 minutes per side or until preferred doneness. Let rest before slicing.
3. Drizzle the grilled steak slices with sesame ginger vinaigrette.
4. Pack the mixed greens salad to enjoy with the steak and juicy orange slices for dessert.



Roast Beef with Savory Rice and Parmesan Roasted Green Beans

Yield: 1 Meal

HOMESTYLE ROAST BEEF

(Makes 2 servings):

1 pound beef chuck roast
1 medium onion, quartered
1 cup carrots, large chunks
2 tablespoons Worcestershire sauce
3 cloves garlic, smashed
1 tablespoon extra virgin olive oil
1/2 cup beef broth
Salt and pepper to taste

SAVORY ALMOND AND MUSHROOM RICE:

1/2 cup cooked brown and wild rice blend
1 teaspoon olive oil
1 tablespoon finely diced onion
1/2 cup finely diced mushrooms
2 tablespoons chopped slivered almonds
1 teaspoon fresh chopped parsley
1/4 teaspoon garlic powder
Salt and pepper to taste

PARMESAN ROASTED GREEN BEANS:

1-1/4 cup fresh green beans, trimmed
1 teaspoon extra virgin olive oil
Salt and pepper to taste
1 tablespoon grated Parmesan cheese

PLUM SLICES



Roast Beef with Savory Rice and Parmesan Roasted Green Beans, Continued

Yield: 1 Meal

PREPARATION

1. Season beef generously with salt and pepper. Layer onions and carrots in a slow cooker. Top with the beef and remaining ingredients. Cook on low about 8 hours.
2. Preheat oven to 425°F. Spread green beans on a small baking sheet in one layer. Add olive oil, salt and pepper. Toss. Roast 15 minutes. Remove from the oven and top with Parmesan.
3. Cook rice using package directions. In medium skillet, heat oil over medium-high heat. Sauté onion, mushrooms and almonds until lightly browned. Add rice, garlic powder, salt and pepper. Heat through. Add chopped parsley.
4. Pack fresh plum slices to enjoy on the side.

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Chicken Teriyaki Meatballs with Brown Rice and Pineapple

Yield: 1 Meal

CHICKEN TERIYAKI MEATBALLS:

1 teaspoon sesame oil
1/4 pound ground chicken
1/4 teaspoon each onion, garlic and ginger powder
1 tablespoon chopped green onion
1 teaspoon plain breadcrumbs
Salt and pepper to taste
1/4 cup good quality teriyaki sauce

COOKED BROWN RICE (USING CHICKEN BROTH)

PREPARATION

1. Using chicken broth instead of water, cook brown rice according to package directions.
2. With your hands, lightly knead the spices, onion, breadcrumbs, salt and pepper into the ground chicken. Roll into 8 equal meatballs. Heat oil in a skillet over medium-high heat. Cook the meatballs about 10 minutes or until cooked through, turning periodically for even cooking. Toss the cooked meatballs in the teriyaki sauce.
3. Cook the vegetables in the same skillet. Heat sesame oil over medium-high heat. Add sugar snap peas, garlic, salt and pepper. Sauté until seared and tender-crisp, about 5 minutes.
4. Pack fresh pineapple to enjoy mixed into the rice or as a sweet snack later.

GARLIC SAUTÉED SUGAR SNAP PEAS:

1 teaspoon sesame oil
1-1/4 cups sugar snap peas
1 clove garlic, minced
Salt and pepper to taste

PINEAPPLE CHUNKS



Herbed Hummus Dipping Box

Yield: 1 Meal

HERBED HUMMUS:

2/3 cup hummus

1 tablespoon toasted pine nuts

1 teaspoon chopped fresh herbs

6 WHOLE GRAIN PITA CHIPS

CARROT AND CELERY STICKS

STRAWBERRIES

PREPARATION

1. Spoon the hummus into the protein container. Top with toasted pine nuts and fresh herbs.
2. Pack fresh carrot and celery sticks and homemade or store bought whole grain pita chips for dipping.
3. Enjoy a sweet finish with sweet sliced strawberries.

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Lemon Rosemary Salmon with Garlicky Kale and Quinoa

Yield: 1 Meal

LEMON ROSEMARY SALMON:

1 – 6 ounce salmon fillet
1/2 lemon thinly sliced
1/2 teaspoon extra virgin olive oil
1 small garlic clove, minced
2 large rosemary sprigs
Salt and pepper to taste

HERBED QUINOA:

1 cup cooked quinoa
1 tablespoon fresh lemon juice
1/4 teaspoon garlic powder
1/8 teaspoon lemon zest
2 tablespoons chopped fresh basil
Salt and pepper to taste

GARLICKY KALE:

2 cups kale, sliced
2 teaspoons extra virgin olive oil
1 clove garlic, minced
1 tablespoon water
Salt and pepper to taste

STRAWBERRIES



Lemon Rosemary Salmon with Garlicky Kale and Quinoa, Continued

Yield: 1 Meal



Find additional recipes at:
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PREPARATION

1. Cook quinoa using package directions. Fluff with a fork. Add remaining ingredients.
2. Preheat oven to 400°F. In the center of a piece of foil, layer half the lemon slices, 1 rosemary sprig, salmon fillet, olive oil, garlic, salt, pepper, remaining rosemary sprig and lemon slices. Fold foil to seal into a packet. Bake 15 minutes – or until fish is cooked through.
3. Heat olive oil in a skillet over medium-high heat. Add garlic. Sauté just until fragrant. Add kale. Sauté 5 minutes on medium heat. Add water and cook on medium-low heat until desired tenderness. Sprinkle with salt and pepper.
4. Pack fresh strawberries to enjoy on the side.



Marinated Shrimp with Greek Salad

Yield: 1 Meal

MARINATED SHRIMP:

2/3 cup cooked shrimp (6–8 medium shrimp)
1 tablespoon extra virgin olive oil
1/2 lemon juiced, lemon
1 tablespoon chopped fresh parsley
Salt and pepper to taste

4 WHOLE GRAIN PITA TRIANGLES

GREEK SALAD:

1/2 cup diced cucumber
1/4 cup diced tomato
1/4 cup diced red onion
1/4 cup chopped kalamata olives
1 tablespoon extra virgin olive oil
1/2 small lemon, juiced
1 tablespoon crumbled feta cheese
Salt and pepper to taste

SLICED NECTARINES

PREPARATION

1. Mix shrimp, olive oil, lemon juice, salt, pepper and parsley. Let sit a few hours before eating.
2. Toss salad vegetables with olive oil and lemon juice. Season with salt and pepper. Top with feta.
3. Include fresh whole grain pita bread.
4. Pack nectarine slices for a sweet end to lunch.



Chicken and Salsa Tacos

Yield: 1 Meal

SALSA SHREDDED CHICKEN:

1 – 4 ounce chicken breast
1/4 teaspoon taco seasoning
1/4 cup salsa

2 SOFT CORN TORTILLAS

TACO TOPPINGS:

1 cup mixed salad greens
1/4 cup chopped peppers and onion
2 tablespoons shredded cheddar cheese

MIXED MELON

PREPARATION

1. Preheat oven to 375°F. Sprinkle taco seasoning on both sides of the chicken breast. Top with salsa. Bake 20 minutes (or until the chicken reaches 165°F internal temp). Let rest 5 minutes. Shred using two forks or slice into strips. Gather shredded chicken with any clinging salsa.
2. Serve chicken with the corn tortillas. Top with vegetables and cheese if desired.
3. Pack fresh melon chunks to enjoy on the side.



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Roasted Shrimp, Corn and Zucchini with Tomato Salad

Yield: 1 Meal

ROASTED SHRIMP:

10 medium shrimp, peeled and deveined
1 teaspoon extra virgin olive oil
Salt and pepper to taste
Juice of 1/4 fresh lemon

CORN AND ZUCCHINI SAUTÉ:

3/4 cup fresh or frozen corn
1/2 cup fresh zucchini (1/4 inch cubes)
1 teaspoon olive oil
Salt and pepper to taste

TOMATO BASIL SALAD:

1-1/4 cup red and yellow
grape tomatoes, halved
1 tablespoon extra virgin olive oil
1 clove garlic, minced
1 teaspoon balsamic vinegar
Salt and pepper to taste
2 tablespoons chopped or torn basil

1 KIWI, HALVED



Roasted Shrimp, Corn and Zucchini with Tomato Salad, Continued

Yield: 1 Meal



Find additional recipes at:
www.rubbermaid.com/balance

PREPARATION

1. Preheat oven to 400°F. Pat shrimp dry. Spread in a single layer on a baking sheet. Add oil, salt and pepper. Toss to coat. Roast 8 minutes – shrimp will be pink, slightly curled and caramelized on the bottom. Squeeze lemon juice over the top.
2. In small bowl, mix tomatoes, extra virgin olive oil, garlic and vinegar. Season with salt, pepper and basil.
3. Heat oil in skillet over medium-high heat. Add corn and zucchini. Sauté until zucchini is tender and corn is heated through, about 5 minutes. Season with salt and pepper.
4. Pack fresh kiwi for a snack or dessert.



Roasted Vegetables with Walnut Cranberry Bulgur Salad

Yield: 1 Meal

CURRY ROASTED CHICKPEAS:

2/3 cup cooked chickpeas, rinsed and drained if using canned
1/2 tablespoon olive oil
1/4 teaspoon each curry powder, garlic powder, paprika and black pepper
Salt to taste

WALNUT CRANBERRY BULGUR SALAD:

3/4 cup cooked bulgur
2 tablespoons chopped toasted walnuts
2 tablespoons dried cranberries, coarsely chopped
1 tablespoon chopped green onion
1 tablespoon chopped fresh parsley
1 tablespoon extra virgin olive oil
1/2 lemon, juiced
1/4 teaspoon coarse salt
1/8 teaspoon black pepper

ROASTED BROCCOLI AND CAULIFLOWER:

3/4 cup each fresh broccoli and cauliflower
2 teaspoons extra virgin olive oil
Salt and pepper to taste

4-5 FRESH OR DRIED FIGS

PREPARATION

1. Prepare bulgur using package directions. Add remaining salad ingredients. Toss to combine.
2. Preheat oven to 425°F. Pat chickpeas dry and roll on a towel to remove skins. Spread chickpeas in a single layer on a baking sheet. Toss with the olive oil, spices and salt. Bake 30–40 minutes, tossing once midway. Let chickpeas cool before packing.
3. In the 425°F oven: Spread broccoli and cauliflower on baking sheet in a single layer. Add olive oil, salt and pepper. Toss to coat. Roast 15 minutes. Enjoy warm or at room temperature.
4. Pack figs for a sweet, fiber-rich treat.



Vegetable “Fried” Rice Box

Yield: 1 Meal

2 EGGS

VEGETABLE “FRIED” RICE:

3/4 cup cooked brown rice
1 teaspoon toasted sesame oil
1 tablespoon chopped onion
1 small clove garlic, minced
1/2 cup shredded cabbage
1 tablespoon chopped scallions
1 tablespoon soy sauce

PREPARATION

1. Place eggs in pot of cold water, covering them by an inch. Bring water to rolling boil. Remove from heat. Cover with a lid. Let the eggs sit for 6 minutes for a soft boiled egg up to 12 minutes for a hard-boiled egg.
2. Heat toasted sesame oil over medium-high heat. Add cabbage. Sauté 2 minutes. Add rice, scallions, garlic and onion. Cook over medium heat, about 5 minutes until heated through. Add soy sauce. Stir to combine.
3. Heat sesame oil in a skillet over medium-high heat. Add the peas and carrots. Sauté until heated through. Sprinkle with red pepper flakes, honey and salt.
4. Pack fresh pineapple chunks to enjoy in the rice or on the side.

PEAS AND CARROTS:

1-1/4 cup frozen peas and carrots
1 teaspoon sesame oil
1/4 teaspoon red pepper flakes
1/2 teaspoon honey
Salt to taste

PINEAPPLE CHUNKS

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Avocado Lime Tuna Salad

Yield: 1 Meal

AVOCADO LIME TUNA SALAD:

1/2 medium avocado

1/2 lime, juiced

Salt and pepper to taste

1 – 6 ounce can tuna, drained

2 tablespoons chopped red onion

1 clove garlic, minced

1 tablespoon fresh chopped cilantro or parsley

6-8 BAKED TORTILLA CHIPS

BABY CARROTS

FRESH MANGO SLICES

PREPARATION

1. Mash the avocado with a spoon or fork. Stir in lime juice, salt and pepper. Add the tuna, onion, garlic and fresh herbs. Mix to combine.
2. Pack baked tortilla chips, baby carrots and fresh mango slices to complete the meal.



Egg Salad on Rye with Tomato and Arugula

Yield: 1 Meal



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EGG SALAD:

2 large hard-boiled eggs, peeled and diced
1 tablespoon Greek yogurt
1 teaspoon mayonnaise
1/2 teaspoon yellow mustard
2 tablespoons finely diced celery
1 tablespoon chopped fresh chives
Salt and pepper to taste

2 PIECES WHOLE RYE CRISPbread

SLICED TOMATO AND ARUGULA

GRAPEFRUIT SEGMENTS

PREPARATION

1. Add all egg salad ingredients to a small bowl. Toss gently to combine.
2. Pack grapefruit segments for a refreshingly tart finish to the meal.
3. When it's time to eat: stack each crispbread with arugula, sliced tomatoes and egg salad for two open-faced sandwiches.



Fajita Black Bean Bowl

Yield: 1 Meal

BLACK BEANS:

2/3 cup black beans, rinsed and drained
1/4 cup salsa

CILANTRO LIME BROWN RICE:

1 cup cooked brown rice
1 teaspoon avocado or canola oil
1/2 teaspoon lime zest
1 teaspoon lime juice (1/4 small lime)
Salt and pepper to taste
1 tablespoon chopped cilantro

SAUTÉED PEPPERS AND ONIONS:

1 teaspoon avocado or canola oil
1 cup green, red or yellow pepper strips
1/4 cup sliced sweet onion
1 small clove garlic, minced
1/8 teaspoon dried oregano leaves
Salt and pepper to taste

MANGO SLICES



Fajita Black Bean Bowl, Continued

Yield: 1 Meal



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PREPARATION

1. Cook brown rice according to package directions. In a small bowl, combine warm rice with avocado oil, lime zest, lime juice, salt, pepper and cilantro.
2. Using the same bowl, mix black beans with salsa.
3. Heat oil in a skillet over medium-high heat. Add sliced peppers, onions and garlic. Lower heat to medium. Sauté 5 minutes or until desired tenderness. Add oregano, salt and pepper.
4. Pack fresh mango slices for a sweet, cool dessert.



Smoked Salmon with Parmesan Pea Pasta and Asparagus

Yield: 1 Meal

**4 OUNCE SMOKED SALMON
(4 THIN SLICES)**

**6-8 FRESH
ASPARAGUS SPEARS**

PARMESAN PEA PASTA:

3/4 cup small pasta shells
1/2 cup sweet green peas
1 tablespoon extra virgin olive oil
1 tablespoon grated Parmesan cheese
1 tablespoon chopped fresh chives
Salt and pepper to taste

MIXED MELONS

PREPARATION

1. Cook pasta using package directions. Combine cooked pasta with the peas, olive oil, Parmesan, chives, salt and pepper. Toss to combine. Serve warm or at room temperature.
2. Pack a mix of your favorite melons for dessert.
3. When it's time to eat: wrap the smoked salmon around the asparagus for a flavorful roll up.



Turkey, Swiss Flatbread with Pears and Arugula

Yield: 1 Meal

TURKEY AND SWISS ROLL UPS:

4 ounces sliced roasted turkey
1 ounce Swiss cheese (1 slice)

1 SMALL WHOLE GRAIN FLATBREAD SLICED IN HALF

LEMON AND OLIVE OIL ARUGULA SALAD:

1-1/4 cup arugula
1 teaspoon extra virgin olive oil
1 lemon wedge
Salt and pepper to taste

1 SMALL PEAR, SLICED

PREPARATION

1. Layer or roll sliced turkey with Swiss cheese.
2. Drizzle extra virgin olive oil on the bottom of the vegetable compartment. Add arugula. Sprinkle with salt and pepper and add a lemon wedge to squeeze on top later.
3. Pack pear slices to enjoy wrapped with the turkey and Swiss or atop the arugula salad.



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Chicken and Avocado Pasta Salad

Yield: 1 Meal

BASIC CHICKEN CUTLET:

1 – 4 ounce chicken cutlet
1 tablespoon extra virgin olive oil
Salt and pepper to taste

AVOCADO AND TOMATO PASTA:

3/4 cup cooked pasta shells (warm)
1/4 medium avocado
1/4 lime, juiced
1/4 teaspoon garlic powder
1/4 cup chopped tomato
2 tablespoons corn
Salt and pepper to taste

ROASTED ASPARAGUS:

6–8 asparagus spears
1 teaspoon extra virgin olive oil
Salt and pepper to taste

PEACH SLICES



Chicken and Avocado Pasta Salad, Continued

Yield: 1 Meal

PREPARATION

1. Cook pasta using package directions. In a small bowl, mash half the avocado with lime juice and garlic powder. Add warm pasta, tomato, corn and remaining avocado. Toss to combine. Sprinkle with salt and pepper to taste.
2. Preheat oven to 425°F. Spread asparagus onto a small baking sheet in a single layer. Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat. Roast 15 minutes.
3. In a skillet over medium-high heat, sauté chicken 2 minutes per side or to a 165°F internal temperature. (Cook thicker pieces longer.) Let chicken rest 5 minutes. Chop into chunks.
4. Pack fresh peach slices to enjoy on the side.



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Spicy Edamame, Quinoa and Sesame-Ginger Broccoli Slaw

Yield: 1 Meal

SPICY EDAMAME:

2/3 cup shelled edamame
1/2 teaspoon sesame oil
1/2 small garlic clove, minced
1 teaspoon low sodium soy sauce
1/8 teaspoon crushed red pepper flakes

GARLIC QUINOA:

1 cup cooked quinoa*
1/2 teaspoon sesame or canola oil
1/2 small garlic clove, minced
1 tablespoon chopped fresh cilantro
or parsley
Salt and pepper to taste

** Cook the quinoa in vegetable broth instead of water for more flavor.*

SESAME GINGER BROCCOLI SLAW:

1-1/4 cup shredded broccoli and carrots (bagged broccoli slaw)
2 tablespoons sesame ginger dressing
2 tablespoons sliced almonds

ORANGE SEGMENTS

PREPARATION

1. Cook quinoa using package directions. Add remaining ingredients and mix with a fork.
2. Toss the shredded broccoli and carrots with sesame ginger dressing. Top with sliced almonds.
3. Whisk the soy sauce, oil, garlic powder and red pepper flakes in a small bowl. Add the edamame. Toss to coat.
4. Pack fresh orange segments for a refreshing end to the meal.



Pesto Cottage Cheese Dip with Vegetables

Yield: 1 Meal



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PESTO COTTAGE CHEESE DIP:

- 1/2 cup cottage cheese
- 1 tablespoon pesto
- 1/2 teaspoon chopped olives
- 1 teaspoon fresh chopped basil

6-8 WHOLE GRAIN CRACKERS

**FRESH BABY SWEET PEPPERS,
HALVED LENGTHWISE**

FRESH PLUM SLICES

PREPARATION

1. Mix the cottage cheese and pesto. Top with chopped olives and basil.
2. Pack an assortment of fresh crunchy sweet bell peppers to easily scoop the dip.
3. Pack fresh sliced plums for a sweet snack!



Chickpeas and Tabouleh

Yield: 1 Meal

PARSLEY CHICKPEAS:

2/3 cup chickpeas, drained and rinsed
1 teaspoon extra virgin olive oil
1/4 teaspoon red pepper flakes
1 tablespoon chopped fresh parsley
Salt to taste

MIXED GREENS:

1-1/4 cup mixed salad greens
1 teaspoon each extra virgin olive oil and red wine vinegar
Salt and pepper to taste

PREPARATION

1. Prepare bulgur using package directions. Once done, add all ingredients to a bowl and mix.
2. In a small bowl, mix chickpeas with olive oil, parsley, red pepper flakes, salt and pepper.
3. Drizzle olive oil and vinegar onto the bottom of the vegetable compartment. Add mixed greens, sprinkle with salt and pepper.
4. Pack fresh nectarine slices to enjoy on the side.

TABOULEH:

1/2 cup cooked bulgur
1/4 cup each chopped cucumber, tomato and flat leaf parsley
1 tablespoon chopped green onion
1/4 teaspoon coarse salt
1 tablespoon extra virgin olive oil
1/2 lemon, juiced

NECTARINE SLICES



ADDITIONAL HEALTHY EATING TIPS



HERE ARE SOME FINAL THOUGHTS THAT CAN HELP YOU START OR STICK TO YOUR HEALTHY EATING PLAN:

All foods can fit into a healthy diet. Choose proteins, vegetables, fruits, grains, and dairy foods that give you the most nutrition while meeting your calorie needs. Eat a variety from each food group and limit saturated fat, sodium and added sugars.

How much you eat is as important as what you eat. Portion control can be difficult. And it may take time to find the foods that satisfy you and keep you from snacking.

Small changes can mean big results. A healthy eating style can help you feel better now and lower your risk of disease in the future. Think of each change you make as a "win" as you build positive habits.

TO MAKE THE MOST OF EACH FOOD GROUP:

- Substitute whole grains for white rice or pasta or other refined grains.
- Find vegetables you like instead of eating ones that are fried or heavily sauced.
- Choose healthy fats like avocado, nuts, and seeds and use oils that are liquid at room temperature like olive oil and peanut oil.
- Eat fish high in heart-healthy omega-3 fatty acids like salmon or tuna a couple times a week.



6 TIPS FOR STICKING TO YOUR GOALS

- 1 START SMALL** - Set small realistic goals that will also challenge you. If your goal is to stop drinking soda, start by cutting the number you drink each day in half.
- 2 CHANGE ONE THING AT A TIME** - Don't try to change your eating habits overnight. It can be overwhelming. Take small steps, like adding an additional vegetable to your plate, or changing to a healthier salad dressing.
- 3 MAKE TIME FOR YOU TO SUCCEED** - Add a new activity, like "Sunday Meal Prep," to your calendar. The reminder will help to keep you on track.
- 4 HEALTHY HABITS MADE EASIER** - With built-in portion control, you don't have to spend time wondering how much food to pack and eat. The **Rubbermaid® balance™ Meal Kit** helps put your meals on autopilot.
- 5 GET OTHERS INVOLVED** - Enlist a good friend or family member to try a new healthy recipe or join in a workout date. Everything is more fun when you share it with someone else.
- 6 BE EASY ON YOURSELF** - Healthy lifestyles are not built overnight. Focus on the positive changes you're making and know that each day and each meal will provide a new opportunity to do better.



ADDITIONAL TIPS - EATING THE RIGHT PORTIONS



WHERE YOUR FOOD PORTIONS GO YOUR BODY WILL FOLLOW. SCALING DOWN TO HEALTHY PORTION SIZES, CAN HELP YOUR BODY SCALE DOWN, AS WELL. HERE ARE A FEW ADDITIONAL TIPS FOR TAKING CONTROL OF FOOD PORTIONS.



Small plates can lead to smaller waists. Why did dinner plates grow so large? Obviously, because we needed something big enough to hold the larger servings being dished out. It's time to think smaller when it comes to both plate and serving sizes.



Salad plates aren't just for salad anymore. Eating from a smaller dish like a salad plate will help bring your portions down to size. The trick is not to go back for seconds, or tempt yourself by keeping extra servings on the table. Leftovers should be stored in single-serving containers for single-serve meals.



The dessert question. Should we desert our desserts for something healthier? While desserts can be a tempting treat, they can also be loaded with fats and sugar. One cup of ice cream—double the recommended portion size—can contain 285 calories and as much as 75% of the solid fat a person should eat in a day. Instead of several cookies, have one cookie and a piece of fruit. When you're craving chocolate, go with less-sugar, antioxidant rich dark chocolate. So, yes, you can have your cake and eat it too, but only in moderation.

ALL CALORIES ARE NOT CREATED EQUAL

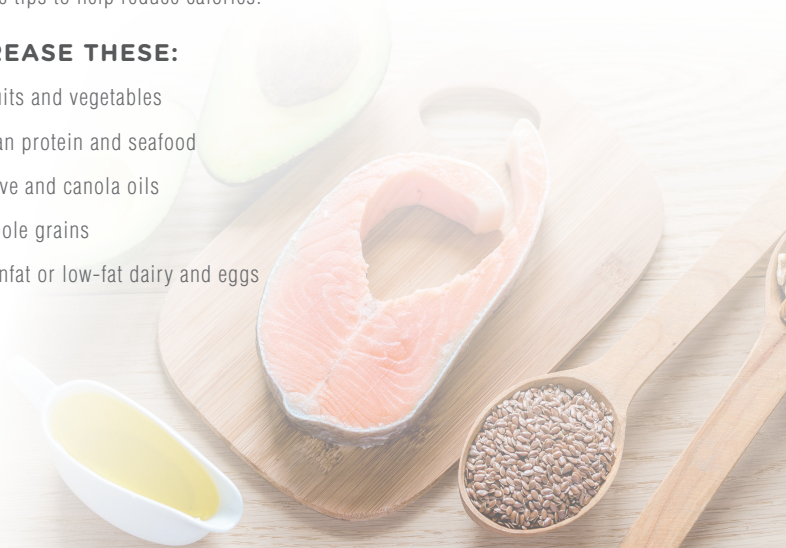
We are not always good judges of calories, considering where many of ours come from: foods high in fat and sugar; refined grains; sodas and energy drinks. And let's not forget, pizza and pasta. For many Americans, fruits and vegetables don't contribute significantly to their daily calorie count. Here are some tips to help reduce calories:

REDUCE THESE:

- Solid, trans and saturated fats
- Foods with added sugars
- Fast foods
- Refined grains, like white bread
- Sodium (salt)

INCREASE THESE:

- Fruits and vegetables
- Lean protein and seafood
- Olive and canola oils
- Whole grains
- Nonfat or low-fat dairy and eggs



The Rubbermaid® balance™ Meal Kit



Designed to Get You on Your Way

THE RUBBERMAID® balance™ Meal Kit IS A GREAT WAY TO PACK A WELL-BALANCED LUNCH.

The four appropriately sized, color-coded containers — one for each of these food groups — make it quick and easy to pack the proper serving size. And with so many healthy choices available, there's no limit to the variety of nutritious and delicious meals you can pack.



PROTEINS



VEGETABLES



GRAINS



FRUITS



balance™



**HEALTHY, WELL-BALANCED
MEALS MADE EASY**

For more healthy recipes and tips visit:
www.rubbermaid.com/balance

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