

# Saving Cash And Calories At The Office

## Homemade Lunches Do Wonders For Your Waistline...And Your Wallet <sup>TM</sup>

(NAPSA)—During a hectic workday, grabbing food on the go from local restaurants, fast food outlets or, even worse, vending machines may seem convenient, but your waistline and wallet will definitely pay the price. In fact, according to research done by eDiets.com<sup>®</sup>, a week's worth of purchased lunches contains almost *six* times the amount of fat and nearly *three* times the amount of calories than a week's worth of homemade lunches. In addition, a week's worth of purchased lunches costs more than *double* the price of a week's worth of homemade lunches.

In today's frantic work environment, beyond the many health benefits, a lunch brought from home can also be an excellent time-saver. Having healthy food on hand also alleviates the urge to snack on, shall we say, less than nutritious fare.

To help "desk dieters" stay on track, the experts at eDiets.com<sup>®</sup> offer these do-it-yourself lunches that will help you save cash and calories at the office:

### Spinach Greek Salad With Chickpeas

- ½ cup chickpeas (garbanzo beans), canned, low-sodium, rinsed and drained
- ¼ small red onion
- 1 Italian plum tomato
- 4 small olives
- 1½ oz. low-fat feta cheese
- ½ tsp. oregano
- 2 cup fresh spinach
- 2 T. salad dressing, low-fat or nonfat; low-sodium

Rinse and chop onion and

tomato; slice olives and crumble feta cheese. In a bowl, combine chickpeas with vegetables, feta cheese and oregano and toss well. Place rinsed and dried spinach on plate, top with chickpea mixture, and drizzle with dressing.

Calories: 270; Calories from fat: 100; Pro: 19 grams; Carb: 29 grams; Fiber: 8 grams; Sugar: 3 grams; Fat: 11 grams; Sat. Fat: 4 grams; Sodium: 730 mg; Chol: 11 mg; Vit A: 100%; Vit C: 45%.

### Ranch Chicken Wrap

- 4 oz. grilled, boneless chicken breast
- 1½ T. ranch low-fat dressing
- 1 cup romaine lettuce
- 1½ T. nonfat Parmesan cheese
- 1 whole wheat (approximately 6-inch diameter) tortilla

Cut chicken into bite-sized pieces. Rinse, dry and shred lettuce. Toss chicken with dressing, lettuce, and Parmesan cheese until mixed thoroughly. Warm tortilla, place chicken mixture on tortilla and roll up. Cut in half and serve.

Calories: 270; Calories from fat: 30; Pro: 33 grams; Carb: 31 grams; Fiber: 3 grams; Sugar: 2 grams; Fat: 4 grams; Sat. Fat: 0 grams; Sodium: 1,130 mg; Chol: 60 mg; Vit A: 30%; Vit C: 20%.

### Very Berry Ricotta With Almonds

- ½ cup nonfat ricotta cheese

- 1 cup fresh blueberries
- 2½ T. sliced almonds

Place ricotta in a bowl and top with blueberries. Sprinkle the ricotta and blueberry mixture with sliced almonds and serve.

Calories: 270; Calories from fat: 70; Pro: 14 grams; Carb: 33 grams; Fiber: 5 grams; Sugar: 21 grams; Fat: 8 grams; Sat. Fat: 1 gram; Sodium: 140 mg; Chol: 20 mg; Vit A: 2%; Vit C: 30%.

### Peaches And Cream

- ½ cup nonfat, skim milk
- ½ cup light or nonfat fruit-flavored yogurt (recommended: peach or vanilla)
- 1 scoop vanilla (fructose) protein powder
- 1 T. vanilla fat-free and sugar-free pudding, instant packet
- ½ small peach or nectarine

In a mixing bowl, whisk together milk and yogurt until smooth. Stir in protein powder. Add pudding mix and whisk until well blended for about 2 minutes. Spoon the mixture into a small bowl and chill in refrigerator for at least 30 minutes. Wash and slice peach. Top bowl with peach slices.

Calories: 270; Calories from fat: 30; Pro: 29 grams; Carb: 35 grams; Fiber: 1 gram; Sugar: 26 grams; Fat: 2 grams; Sat. Fat: 1 gram; Sodium: 250 mg; Chol: 30 mg; Vit A: 4%; Vit C: 8%.