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Rather like breakfast, lunch seems to be one of those meals we grab, eat as quickly as possible, and forget. Many of us eat lunch at our desks, in our cars, between classes or meetings, or in some cases, forgo it in favor of candy and snacks from the vending machine.

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High Protein Low Calorie Lunch Recipes EatingWell

Adding lean protein to your lunch is an easy way to stay satisfied throughout the day. Compared to carbs and fat, protein like chicken, lean beef, low-fat dairy and beans, keeps you feeling fuller longer.

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Low Calorie Lunches Cooking Light

For many of us, lunch is a stress-filled hour (or less) spent dealing with traffic, fast-food drive-thru lines, or all-you-can-eat lunch buffets that may leave your buttons bursting.

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Easy Low Calorie and Healthy Lunch Ideas and Recipes

This article will cover my personal favorite low-calorie lunch recipes and ideas. I realize that eating lunch is different for everyone, since some of us eat it at home, some of us it eat at work, and some of us eat it while traveling or holding it as they drive in the car.

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