Conquer lunch with ready-to-eat options

Supermarkets are brimming with healthy pre-prepped foods you can mix and match for terrific no-cook lunch options. You just need to know what to look for. Luckily, these newcomers are pumping up the roster of familiar, good-choice go-tos, like prewashed bagged lettuce, low-sodium canned beans, and rotisserie chicken.

Winning combinations

Whip up these easy meals at home, or stash the ingredients in the office fridge to use as needed.

**Mexican steak bowl**
Combine sliced steak, black beans, baby spinach, shredded carrots, and chopped broccoli. Drizzle with fat-free salsa.

**Lentil-beet bowl**
Mix arugula, lentils, beets, feta, and pistachios. Drizzle with lemon juice.

**Healthy cobb bowl**
Put mixed greens, smoked turkey breast, low-fat Swiss cheese, hard-cooked eggs, and grape tomatoes in a bowl. Drizzle with low-fat ranch dressing.

**Summery shrimp bowl**
Toss shrimp, broccoli slaw, diced jicama, grapes, and sliced almonds together. Drizzle with low-fat vinaigrette.

**Smoky vegan bowl**
Team up quinoa, baby kale, smoked tofu, roasted peppers, and pepitas (shelled pumpkin seeds). Drizzle with fresh lime juice.

Easy lunch options

**Ready-now proteins**
Shelled, steamed edamame
Cooked vacuum-packed lentils
Grilled skinless chicken breasts
Grilled, sliced steak
Smoked skinless turkey breast
Hard-cooked eggs
Pre-cooked shrimp
Smoked tofu

**Instant toppings**
Crumbled feta or goat cheese
Low-fat shredded cheese
Sliced almonds or shelled pistachios
Lemon juice
Reduced-sodium soy sauce
Fat-free salsa
Sesame seeds or shelled pumpkin seeds (pepitas)

**Shortcut vegetables**
Shredded carrots
Shredded cabbage
Precut broccoli or cauliflower
Roasted peppers (in water or vinegar)
Jicama sticks
Peeled, cooked vacuum-packed beets
Broccoli slaw
Zoodles (zucchini “noodles”)

**Pre-cooked vegetables**
Frozen brown rice
Ready-to-eat quinoa