

Easy Paleo/Primal Lunch Box Ideas



Meat Options

Eggs

Deviled Eggs
Egg Salad
Frittata "Muffins"
Hard Boiled Eggs

Prepared Meats

Bacon
Hot Dogs
Jerky
Sausages

Nitrate-free Deli Meat

Bologna
Chicken
Ham
Pepperoni
Salami
Turkey

Dinner Leftovers:

Barbecue Meat
Chicken Nuggets
Chicken Salad
Chicken Wings
Hamburger Patties
Meatballs/Zoodles
Rotisserie Chicken
Salmon Patties
Soup
Taco Meat

Seafood

Salmon Salad
Tuna Salad

Nut Options

Almonds
Cashews
Hazelnuts
Pecans
Pistachios
Walnuts
Pumpkin Seeds
Sunflower Seeds

Veggie Options

Bell Peppers
Broccoli
Cabbage/Slaw
Carrots
Cauliflower
Celery
Cucumber
Green Beans
Green Peas
Kale
Lettuce/Salad
Mushrooms
Olives
Onions
Radish
Spinach
Sweet Peppers
Sweet Potatoes
Tomatoes

Primal Dairy Options

Full Fat Cheese

Brie
Cheddar
Colby Cheese
Cream Cheese
Mozarella

Butter
Full Fat Mayo
Full Fat Sour Cream
Full Fat Yogurt

Dried Fruit Options

Apple Chips
Banana Chips
Coconut
Cranberries
Dried Dates
Prunes
Raisins

Fruit Options

Apples
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Figs
Grapefruit
Grapes
Kiwi
Mango
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranate
Raspberries
Strawberries
Tangerines
Watermelon

Grain-free Treats

Nut Flour Baked

Banana Bread
Bread Sticks
French Toast
Grain-free Wraps
Muffins
Pancakes
Pretzels
Sandwich Bread
Waffles

Fat Options

Avocado/Guac.
Almond Butter
Seed Butters