Greek Yogurt Guacamole  
_Servings: 2_

**INGREDIENTS**
- 1 avocado, ripe
- 1 tbsp cilantro
- ½ tsp jalapeno
- ¼ cup red onion
- ¼ cup tomatoes
- 1 tsp lime juice
- 1 sprinkle salt and pepper
- ¼ cup Greek yogurt

**DIRECTIONS**
1. Combine all of the ingredient in a medium bowl.
2. Mix to combine, making sure not to mash up all of the avocado.
3. Season with salt and pepper.
4. Serve immediately with your favorite chips.

Crunchy Granola Apple Peanut Butter Wrap  
_Servings: 2_

**INGREDIENTS**
- 2 (6-in) whole wheat tortillas
- 1 medium apple, cut into thin slices
- 2 tbsp granola
- 2 to 3 tbsp peanut butter

**DIRECTIONS**
1. Divide peanut butter onto two tortillas.
2. Spread evenly, within inch of edge.
3. Place apple slices along center of each tortilla.
4. Sprinkle with granola.
5. Fold each side into middle to create wrap.

New Lunch TIPS
1. Make a plan: Choose a day of the week for you to meal prep and make meals ahead of time.
2. Make a grocery list and stick to it.
3. Aim to pack 3-5 different food groups for lunch.