

## 12 Work Lunches Nutritionists Swear By

Health experts love to eat these energizing midday meals.



By [Vicki Santillano](#) in [Food](#)

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Work lunches are very, very important. They're right up there with "going home" and "coffee" as the things people look forward to most during the weekday. You need — nay, deserve — a lunch that tantalizes your taste buds and keeps you alert and focused until quitting time. (And, ideally, one that saves you the small fortune you'd spend on a salad at a nearby café.) For a little culinary inspiration, we turned to the true experts: registered dietitians and nutritionists who, like you, rely on healthy, satisfying meals to fuel their busy days. These are some of their favorite go-to work lunches.

## 2. Healthy Mexican Favorites



“I eat a plant-based diet, so I pay close attention to my protein intake to assure I’m not falling short. I love using lunch as an opportunity to enjoy beans since they’re a wonderful combination of protein and fiber, which keeps me satisfied well until dinnertime. Plus, they’re packed with health-promoting nutrients, including folate.

“I often go Mexican at lunch by making either a no-cook “burrito” like my [Bibb and Bean Burrito Bowl](#) or a bean-and-cheese quesadilla, like my [Black Bean and Cheese Quesadilla](#) with Mango-Tequila Pico de Gallo. Both are full-flavored and, when following a shortcut or two, can be made fast!”

– [Jackie Newgent](#), RDN, chef, nutritionist, and award-winning author of *The With or Without Meat Cookbook*

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Black Bean and Cheese Quesadilla recipe photo courtesy of Jackie Newgent

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