

# Healthy Lunches for Work or School

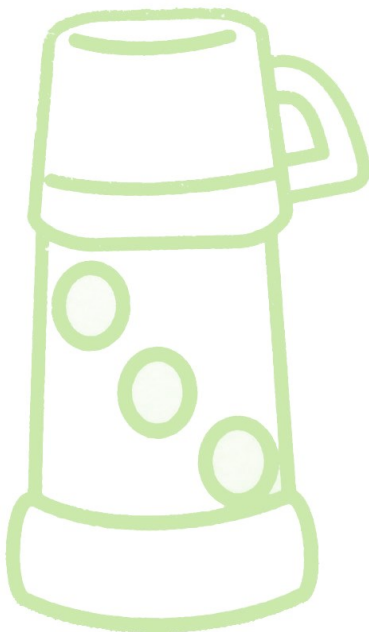
by Annie Barrett, 10 Weeks to Vibrant Health  
yogawithanniebarrett.com

Visit [yogawithanniebarrett.com](http://yogawithanniebarrett.com)  
For more Vibrant Living Tips!

## Mason Jar Salad, 3 Ways



## Lunch in a Thermos



### Thermos Lunch Ideas:

- Red Lentil Soup
- Minestrone Soup
- Black Bean Chili
- Chicken Veggie Stew
- Tofu Veggie Coconut Curry
- Pasta with Pesto
- Potato Leek Soup