



**LUVO TURKEY  
VEGETABLE  
LASAGNA**

Steam it in its paper pouch and this lasagna slides out perfectly onto your plate, giving you an Instagram-worthy lunch. And we all know we eat with our eyes! Made with whole-wheat noodles, packed with veggies, and finished with a flavorful tomato sauce, it's as nutritious as it is tasty. (320 calories)

Less than  
350  
calories

# The best meals to grab and go

Instead of overpaying for an underwhelming takeout lunch, hit the grocery store on your way to work. We tried the latest picks on a hunt for real flavor and the healthy fuel you need for a brutally busy afternoon. These four won room at our desks.

By HANNAH DOYLE



**EVOL COCONUT  
LEMONGRASS  
CHICKEN**

This light but still satisfying meal scores for its flavorful sauce and abundance of snap peas, carrots, and broccoli. "It's the perfect balance of veggies and chicken," one happy tester said. (250 calories)

**AMY'S GLUTEN-FREE  
BLACK BEAN &  
QUINOA BURRITO**

We all agree that the taste and texture of the tortilla is authentic and love that it leaves us feeling satisfied, not stuffed. With five grams of fiber and seven grams of protein, the meal has staying power. (220 calories)

**EARTHBOUND  
FARM SOUTHWEST  
POWERMEAL BOWL**

This contains everything you need for a great salad: fresh baby greens, corn-and-black bean salsa, tortilla strips, sunflower seeds, and tomatillo-avocado dressing. (It even comes with a fork!) The verdict: convenient and delicious. (200 calories)



## WHEN YOU WANT A QUICKIE LUNCH COMBO

Fruit, cheese, and other fixings make for an easy meal. Three smart ideas from Stephanie Middleberg, R.D.N., the founder of Middleberg Nutrition in New York City:

← Wasa Crispbreads topped with ricotta and sliced figs or steamed beets

An avocado, halved and pitted, stuffed with premade three-bean salad

Smoked salmon, cucumber, goat cheese, and whole-wheat crackers