



# The Karuna Formula: Your Shelf-Stable Lunchable Builder

Creating a balanced lunchable is as easy as picking one item from each category below. Don't worry about perfection—just aim for variety and satisfaction.

<b>Protein &amp; Fat</b> Tuna or salmon pouch Nut or seed butter packets Jerky or meat sticks Shelf-stable hummus Tetra pack lentils or chickpeas	<b>Grain &amp; Starch</b> Whole grain crackers Tortilla or flatbread Pretzels or popcorn Granola or energy bars Rice cakes or instant oats
<b>Fruit &amp; Veggies</b> Applesauce or fruit cups (in juice) Dried fruit (raisins, mango, dates) Freeze-dried veggies or fruit Canned veggies (corn, beets) Roasted seaweed snacks	<b>Fun &amp; Flavorable Sides</b> Shelf-stable cheese or cheese crisps Pickle or olive packets Dark chocolate square Trail mix Nut or coconut-based mini treats
<b>Hydration Add-Ons</b>	Juice box Electrolyte packet Sparkling water can Herbal tea bag

Pro Tip: Pack components in reusable snack bags or stackable bento boxes to make a grab-and-go system that works for school, work, or snack attacks.

# karuna

Wellness Studio

At Karuna, we provide an inclusive, welcoming environment for people to work on their nutrition and self-care. Whether you're creating a better wake-up routine or learning more about what your body needs, we're here to offer support and guidance.

LEARN HOW WE CAN HELP

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# 5 Real-Life Lunchables You Can Try Today

## The Kid-Friendly Classic:

- Nut butter packet + whole grain crackers
- Applesauce cup + veggie chips
- Shelf-stable cheese + mini cookie
- Water bottle



## The Shelf-Stable Vegan:

- Lentil pouch + rice cakes
- Dried cranberries
- Seaweed snacks
- Trail mix + oat milk box



## The Protein-Packed Adult:

- Tuna pouch + tortilla
- Dried mango
- Roasted chickpeas
- Sparkling water + dark chocolate square



## The Sweet & Salty Snack Board:

- Almond butter + pretzels
- Dates + cheese crisps
- Olives + chocolate square
- Tea packet



## The ADHD-Safe Bet:

- Beef jerky + granola bar
- Applesauce pouch
- Pickle packet
- Electrolyte packet

