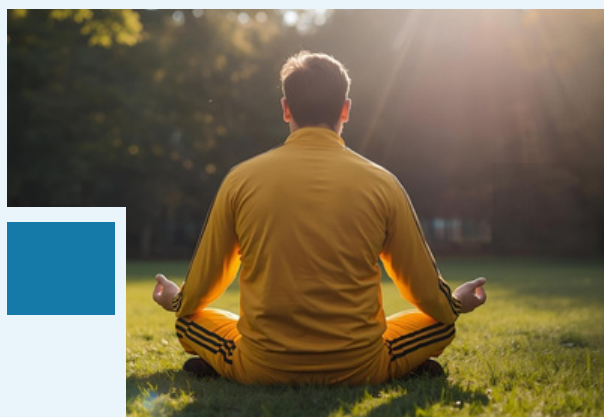


# NEWSLETTER NUTRIACTIS



OCTOBER 2025

On the last page:  
your lunchbox  
factory!

## A GUIDE TO A SUCCESSFUL LUNCHBOX

# A GUIDE TO A SUCCESSFUL LUNCHBOX :

## Flavor, Balance, and Practicality

At a time when meals on the go are becoming more common, the **lunchbox** stands out as a **practical** and **flexible** solution for having lunch away from home. Much more than just a container, it offers **many advantages**.

This newsletter reveals the keys to a successful lunchbox and tips to get started today.

With the help of our “Call to Action” section, make the most of our **lunchbox factory** to quickly design well-balanced lunchbox.



### ✦ The advantages of lunchboxes

#### *To grab a quick bite*



For many of us, **lunch breaks** are often **short**, leaving little time to prepare or go out to eat.

The lunchbox makes mealtime easier: **easy to carry** and **already prepared**, it allows you to eat without wasting time, **wherever you are**.

#### *Compose, enjoy, take control*

Preparing your lunchbox lets you choose **ingredients according to your tastes and nutritional needs**. Even with a busy schedule, it allows you to eat a **complete and balanced meal**.

It also offers the opportunity to prioritize **fresh, seasonal** foods. Pleasure and health guaranteed!



#### *Avoid ultra-processed foods*



Meals on the go sold in stores are generally **ultra-processed products** (industrial sandwiches, ready meals, pasta boxes...), rich in saturated fats, salt, and sugar, and lacking essential nutrients.

A well-prepared lunchbox **significantly reduces this exposure**, thus limiting associated risks such as overweight, obesity, diabetes, or cardiovascular disorders.

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## *Eat better while spending less*

Preparing your lunchbox is usually **more economical** than buying ready-to-eat meals from supermarkets, bakeries, or other points of sale.

This allows you to better manage your monthly food budget.



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## *Zero stress*



Planning and preparing meals in advance turns lunch into a **calm and pleasant moment**. By preparing your lunchbox ahead of time, you avoid last-minute **stress and impulsive food choices**, sometimes influenced by emotions, leading to less healthy options.

This organization supports **mindful eating**, where every ingredient is chosen carefully and with pleasure.

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## *Good for the planet*

Cooking for yourself **reduces industrial processing, refrigeration, transport, and waste**, which is why the lunchbox generally has a **lower environmental impact** than ready-made meals.

By prioritizing **local and seasonal ingredients**, the ecological impact of meals can be further reduced. Finally, choosing your own ingredients and portions helps limit food waste, making consumption more responsible.



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## *Extra tip: boost your concentration*





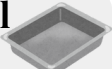
Having a meal already prepared **reduces the risk of skipping lunch** and encourages regular eating, essential for maintaining energy and alertness throughout the day.

A balanced and enjoyable lunch will help you **optimize your concentration and performance during the afternoon**.

Conversely, a meal that is too heavy and/or rich in fats can lead to a drop in attention.

## ✦ The container, the foundation of your lunchbox

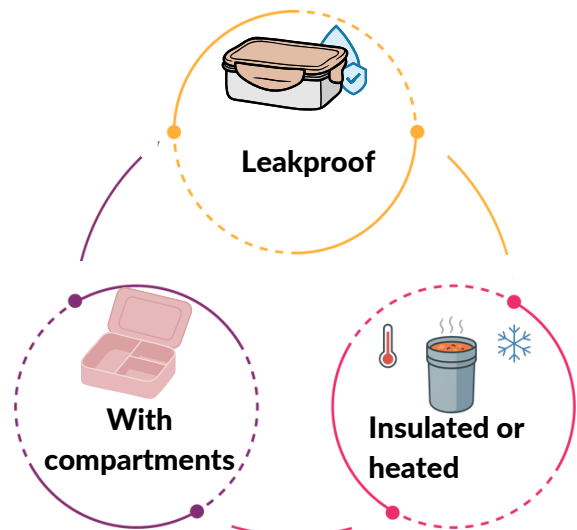
### Different container materials

	Glass 	BPA-free plastic 	Stainless steel 
✓	Ecological Durable No odors or stains	Light	Ecological Durable Light No odors or stains
✗	Heavy Fragile	Less durable Less ecological Possible microplastics Risk of odors/stains	Not microwave-safe More expensive

### Criteria not to overlook

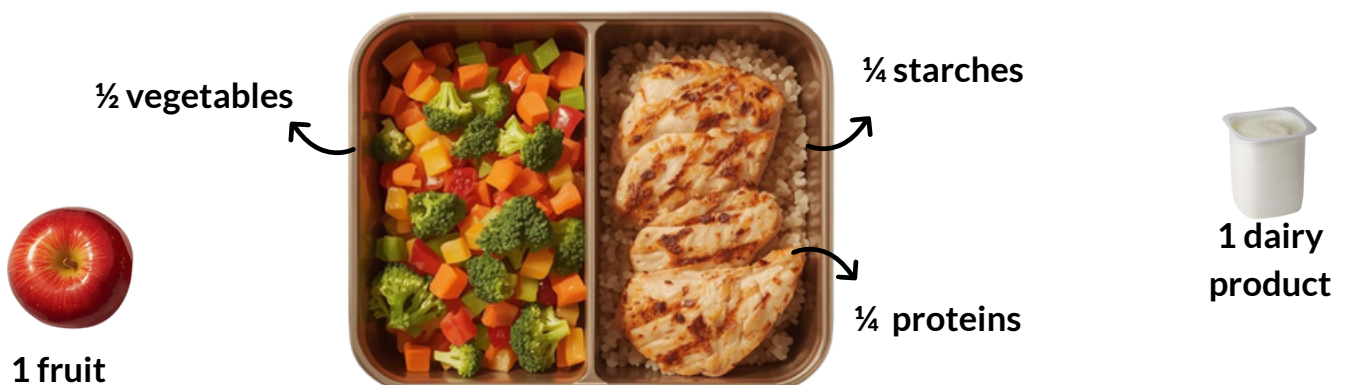
Choosing the right lunchbox is not just a matter of style, but above all of **practicality**!

Think about **leakproofing** to avoid spills, **compartments** to keep flavors separate, and whether you want a heated or **insulated** lunchbox depending on your needs and preferences at the moment.



## ✦ Your balanced lunchbox

When **preparing** your **lunchbox**, think of it like a **balanced plate**, the same principles apply, namely:



# ✦ Tips for creating your lunchbox

1

## Vary the colors



A diversity of colors is often a sign of a **variety of vitamins**.

In addition, a colorful lunchbox is often more **appetizing!** !

*Tip: Aim for at least 3 colors.*

2

## Batch cooking



This consists of preparing in a **single session a large quantity of dishes** (chopped vegetables, cooked starches, etc.). With a bit of organization, you can prepare **3 to 4 varied and balanced lunchboxes in advance**.

3

## Play with textures



To make your meals more appealing and avoid monotony, think about playing with textures: something **crunchy** (carrots, nuts, seeds), something **soft** (sweet potato, avocado...), or something **creamy** (yogurt sauce, cheese).

4

## Enhance flavors



Playing with **spices and herbs** can transform a simple dish into a unique taste experience. In addition to stimulating your taste buds, they also bring **health benefits** (e.g., antioxidant).

5

## Change styles



Poke bowls, mixed salads, wraps, dishes, sandwiches, or Buddha bowls; so many ideas to **vary your lunchboxes**.

6

## Boost your dish



Whether oil-based or yogurt-based, **sauce** is an **essential** element to bring **flavor** and **variety**. To preserve the texture of your ingredients, keep it in a separate container.

# ✦ Conclusion



The lunchbox is a real **ally for eating balanced meals daily**, while **saving time** and **reducing mealtime stress**. If your work environment allows it, **don't hesitate to give it a try**: with a little organization and creativity, each lunch can become a delicious and enjoyable moment.



# My Lunchbox Factory



It's your turn: organize your weekly lunchboxes by selecting items from each category!

## Main dish

### 1 Starch

Try to choose the most complete carbohydrates possible;



Bread, bagel, tortilla



Rice, quinoa, couscous



Pasta



Potatoes, sweet potatoes

### 1 Protein



Meat and poultry



Fish / seafood



Eggs



Dairy products



Legumes (chickpeas, soy, lentils)



Alternatives (tofu, tempeh)

### Healthy fats



Avocado



Olive oil / flaxseed oil (cold)



Nuts almonds, seeds, pistachios...

### Sauces



Yogurt, herbs, lemon



Tomato



Mustard, soy, vinegar

### 2 - 3 Vegetables

Don't hesitate to choose a vegetable that's not on the list!



Tomatoes



Salad



Endives



Zucchini



Cucumber



Radish



Beetroot



Carrots



Bell pepper

## Dessert



Yogurt



Fresh fruit



Dried fruit unsweetened

### Treats



Monday

Tuesday

Wednesday

Thursday

Friday



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