

Here are 24 suggestions for convenient and nutritious packed lunches to take to work.

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What to eat for lunch today? This is a question that many office workers struggle with when choosing what to eat for lunch that is both delicious and nutritious. Below are some attractive office lunch boxes prepared by Ms. Nguyen Quynh Hoa for her husband to take to work. Please refer to them to help you plan your own office lunch menu.

To prepare a delicious yet time-saving lunch to take to work, Ms. Hoa said she cooks elaborate and time-consuming dishes like braised or stewed meat the night before. In the morning, she only needs to cook simple dishes like boiled or stir-fried vegetables.

In addition, Ms. Hoa makes a list and buys groceries for the whole week. She then pre-prepares them, divides them into bags, labels them with the names/menus for each day, and puts them in the freezer. The day before cooking, she thaws the necessary food in the refrigerator. She also buys, pre-prepares, and divides vegetables into bags for each day.

To save time cooking breakfast, she often prepares dishes like pâté, sausage, ham, and meatballs in advance, making it quick and easy to cook when needed. She also has smart kitchen appliances like an air fryer, meat grinder, blender, steamer, and microwave oven to make cooking easier and faster.

Every morning, Ms. Hoa only spends about 30-40 minutes preparing breakfast and lunch for her husband to take to work.

Below are 24 lunch boxes that Ms. Hoa prepared for her husband to take to work; please take a look.

























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