

What do successful people usually eat for lunch?

Lunch will keep you energized for the rest of the afternoon, increasing alertness and productivity. Let's take a look at the plates of some A-list celebrities around the world!

How can you maintain energy when running a global corporation, starring in an award-winning film, breaking records as a talented athlete, or selling out major concerts around the world? **Lunch is part of the secret of successful people** .



We all know that a healthy breakfast is incredibly important – but that doesn't mean you should underestimate the value of lunch. 'Lunch is underrated,' says Sue-Ellen Anderson-Haynes, RD, spokesperson for the Academy of Nutrition and Dietetics and owner of 360GirlsandWomen. 'As you digest breakfast, your energy levels start to drop. Eating lunch will keep you energized for the rest of the afternoon, increasing alertness and productivity.'

That's why the most successful people we know take a break for lunch. Let's take a look at **the lunch plates of some of the world's A-list celebrities** !

Taylor Swift: Sandwiches and Sushi



When your body is your career, learning how to take care of it is essential. During a break from her recent Eras tour, superstar Taylor Swift went back to basics. " *I don't get out of bed unless I'm going to get food and bring it back to bed and eat it,* " she shared in an interview with Time. Swift's regular meals include light meals like salads and sandwiches. She and boyfriend Travis Kelce also love seafood. They were spotted enjoying lobster rolls and sushi on a lunch date at the upscale Nobu restaurant in Malibu, California, last March.

Stella McCartney: Vegetarian Sandwich

The iconic fashion designer and entrepreneur is a vegan, raised to respect animal rights and value sustainability by her rock star parents, Paul and Linda McCartney. Stella's family lunchtime tradition includes a vegetable medley called the "McCartney sandwich," which she, her father and sister Mary shared in a video interview. The sandwich is a combination of Marmite, hummus, lettuce, cheese, tomato, pickles and honey mustard on a bagel.



Mark Zuckerberg: Salads and stir-fries

When he launched Facebook, Facebook mogul Meta Zuckerberg ate a lot of fast food. Today, he eats a balanced diet that focuses on lean proteins, fruits, vegetables, whole grains, and healthy fats. His typical lunch: grilled chicken with cherry tomatoes, mixed greens, quinoa, and a light vinaigrette, or brown rice stir-fried with tofu, bell peppers, peas, and broccoli.

Greta Thunberg: Salad and Falafel

The 22-year-old Swedish environmental activist stays true to her beliefs by giving up all animal products to protect the environment. She said she has been a vegetarian since the age of 10 and her typical lunch consists of salad, noodles and falafel.

Barack Obama: Cheeseburger and broccoli

According to Time magazine, President Obama has been a frequent burger joint while in office. His lunch order at Five Guys Burgers and Fries in Washington, DC, is a cheeseburger with jalapeños, tomato and mustard, along with fries. On other occasions, his cheeseburger options include a medium rare burger with mustard, lettuce and tomato, and a cheddar cheeseburger with sweet pickles and sauteed onions. He keeps his figure slim by balancing his burgers with his favorite side dish — broccoli.

Emily Weiss: Everything, especially soup

The founder of the hugely popular cosmetics brand Glossier has a varied palate when it comes to lunch. She shares her obsession with vegan chickpea soup, but also tells Grub Street that she eats whatever she feels like on the go—which is usually! That includes lobster, sushi, bagels, and nachos.

Prince William: "Rubbish Sandwich"

According to the New York Post, the future king of England actually doesn't like to eat lunch on workdays. William reportedly doesn't like being weighed down by a full meal on the go, so he pre-loads on breakfast, eating two eggs, buttered toast, apple juice, and tea with milk and sugar.

However, William has occasionally broken his no-lunch rule. He recently shared that he was brought a "Rubbish Sandwich", which he ate with a chocolate brownie and a glass of red wine. What is a "rubbish sandwich"? It's a pre-packaged sandwich you get at airports in the UK when you're desperate.

Simone Biles: Salmon and veggies

Biles is a smart eater. According to Tasty, Biles refuels after her morning workout with a lunch of salmon and some veggies, including green beans, broccoli, corn, and peas. Biles also allows herself to indulge when she feels like it.

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