

What's for Lunch?

STEAL SOME NEW IDEAS FOR YOUR—AND YOUR FAMILY'S—NOONTIME MEAL WITH THIS SNEAK PEEK INSIDE THE LUNCHBOXES OF SOME OF AMERICA'S TOP HEALTH EXPERTS. *BY Leslie Goldman*

PB SANDWICH



CHRIS EVERT



Claim to fame

International Tennis Hall of Famer, winner of 18 Grand Slams

Favorite lunch

Peanut butter on whole wheat bread, a piece of fruit, and a glass of milk.

➔ These pros reveal more of their health secrets at Spryliving.com/protips

SPRING ROLLS



JILLIAN MICHAELS



Claim to fame

Biggest Loser trainer and author of *Unlimited: How to Build an Exceptional Life*

Favorite lunch

Shrimp Spring Rolls: Whisk together lime juice, fish sauce, canola oil, light brown sugar, minced fresh ginger and crushed red pepper. Toss with shrimp, shredded carrots, red bell pepper strips and chopped fresh cilantro. Roll in spring roll wrappers.

CHICKEN SALAD



JOY BAUER



Claim to fame

Today Show nutritionist and author of *Joy Bauer's Food Cures*

Favorite lunch

Fiery Chicken Salad: Combine diced, cooked chicken with reduced-fat mayo, hot sauce or chopped fresh jalapeno and minced onion. Serve with red bell pepper sticks and baby carrots for scooping.

SQUASH SOUP



DR. MICHAEL ROIZEN



Claim to fame

Co-author of *YOU: On a Diet* and co-founder of RealAge.com

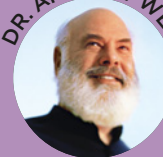
Favorite lunch

Butternut Squash Soup: Sauté onions, carrots and fresh ginger in olive oil until vegetables are tender. Add 9 cups peeled, cubed butternut squash, 10 cups water and no-salt vegetable bouillon and boil. Simmer for 45 minutes and puree.

KALE SALAD



DR. ANDREW WEIL



Claim to fame

World-renowned integrative medicine pioneer

Favorite lunch

Tuscan Kale Salad: Toss sliced, fresh kale (midribs removed) with lemon juice, olive oil, fresh garlic, salt, pepper and red pepper flakes. Toss again with grated Pecorino or Parmesan cheese and breadcrumbs; top with a sprinkling of cheese.