

Brighten Up Your Business Lunch

When it's time for a power lunch, your meal doesn't have to make a power lifter proud. A lunch high in fat and calories can lead to an afternoon of fatigue and lethargy.

A better recipe for success: Increase the amounts of fruits, vegetables and whole grains you eat at lunch. Try any or a combination of the following:

- A green salad dressed for success with vinaigrette dressing
- Lean turkey or roast beef on wheat sandwich
- Pasta with marinara sauce and a side salad
- Veggie pizza with fresh fruit for dessert
- A small burger loaded with lettuce, tomatoes and other vegetables.

Engage in regular physical activity, too, and watch your personal and professional stock soar.