In the Bag

September 2, 2005 By Afi-Odelia Scruggs

Chef Cary Neff, culinary consultant for Jenny Craig International, packs tasty, healthy lunches for his own kids. Here are their faves:

- Layer slices of roast turkey, roast beef or baked ham with a slice of cheese. Smear on a dab of ranch or honey mustard dressing and roll tightly. Slice cross-wise into one-inch sections and skewer to carrot and celery chunks.
- Bag slices of apples or pears—but rub them with lemon juice first to prevent browning.
- Pack a quarter-cup of almond or peanut butter in a plastic container with crackers, sliced apples, pears, celery or carrot sticks.
- Mix a cup of chicken or turkey salad with sliced red grapes and walnuts.

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