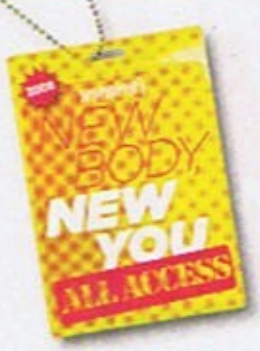
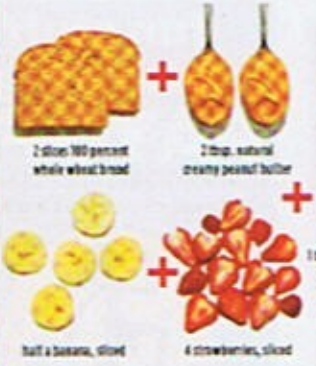


make over your sandwich

Bread, meat, cheese—what's not to love? A few healthy ingredients will make your brown-bag lunch even better!

peanut butter & jelly



The healthy crisp (check that out!) and high-fiber bread make this version less heavy and more filling than your standard PB&J.

grilled cheese

Grilled cheese is usually fried in butter, but skip the grease. Mist outside of the bread with cooking spray, then put it in a sandwich press or under the broiler.

WEB EXTRA
Famous chefs give their fave lunch recipes at sweetness.com/sandwich.

turkey sandwich

Typical turkey sammies can get strong, but the salsa in this one adds zing, and the avocado has the richness of mayo (but with half the calories).

GET THESE TO GO!

Out shopping with the girls when hunger strikes? You can be sure these choices are yummy and healthy!

PANERA SMOKED TURKEY BREAST SANDWICH ON COUNTRY BREAD
The smoky taste and mustard make it flavorful enough, so you can skip the greasy mayo!

QUIZNOS ROADHOUSE STEAK FLATBREAD SAMMIE
Unlike lots of other subs, this flatbread sandwich isn't too big. Plus, the red meat has tons of iron, which keeps you from feeling tired.

CHICK-FIL-A CHAR-GRILLED CHICKEN SANDWICH
Throw a little BBQ sauce on the chicken, and you won't even notice it's lean and low-cal!

OPEN for workout moves!

17 EXPERTS: **Robyn Flipse, M.S., R.D.,** a nutrition consultant and the coauthor of *Fighting the Freshman Fifteen* (Three Rivers Press, 2002); **Lisa Lillien,** the founder of Hungry-Girl.com.

STILL LIFES: MAKEOVER RAMPANCHOS AND INGREDIENTS: PHILIP FRIEDMAN/STUDIO D; ALL ACCESS PANEL: DAVID TOMAN/STUDIO D; HUNGRY GIRL RECOMMENDATIONS AND "GET THESE TO GO" SANDWICHES: COURTESY OF COMPANIES; FOOD STYLIST: SUSAN VAJARANT ROBERTS; HAIR: THOMPSETT; MAKEUP: LISA GRISWOLD