How to Make a Sandwich

Bringing the same sandwich everyday can get boring. Use these suggestions to liven up your sandwich!

Experiment with spreads

* Pesto
* Spicy mayo
* Honey mustard
* Lite salad dressings
* Balsamic vinegar

And many other kinds of sauces can help add variety. If you choose one that has a lot of liquid, like balsamic vinegar, pack it in a separate container and add right before eating.

Load up on vegetables

* Cucumbers
* Peppers
* Avocado
* Red onion
* Spinach
* Tomatoes
* Bean Sprouts
* Sliced radishes
* Arugula

Avoiding a Sandwich Slump

