

HAM AND SWISS PINWHEELS

INGREDIENTS

Flour tortillas

Ham slices

Swiss cheese

Cream cheese or mustard

Lettuce (optional)



220

CALORIES

14g

PROTEIN

DIRECTIONS

1. Spread cream cheese or mustard on tortilla.
2. Layer ham, Swiss cheese, and lettuce.
3. Roll tightly into a log.
4. Slice into pinwheel rounds.
5. Chill for 10–20 minutes to set.
6. Serve cold.

SWEET POTATO AND RICE HARVEST BOWL

INGREDIENTS

- Sweet potatoes, cubed
- Cooked rice (brown or white)
- Olive oil
- Salt and pepper
- Black beans or chickpeas (optional)
- Spinach or kale
- Honey or maple glaze (optional)
- Optional toppings: avocado, nuts, feta



CALORIES

480

PROTEIN

16g

DIRECTIONS

1. Roast sweet potatoes with oil, salt, and pepper until tender.
2. Cook rice and place in bowl base.
3. Add roasted sweet potatoes on top.
4. Add beans and greens if using.
5. Drizzle with honey or dressing.
6. Top and serve warm.
7. Top with sesame seeds.

TERIYAKI TOFU AND EDAMAME RICE BOWL

INGREDIENTS

Firm tofu, cubed
Cooked rice
Edamame
Teriyaki sauce
Soy sauce (optional)
Garlic, minced
Sesame oil
Green onions
Sesame seeds

CALORIES

540

PROTEIN

24g

DIRECTIONS

1. Pan-fry tofu in sesame oil until golden.
2. Add teriyaki sauce and coat well.
3. Warm edamame.
4. Add rice to bowl as base.
5. Top with tofu and edamame.
6. Garnish with green onions and sesame seeds.



COLD SESAME CHICKEN NOODLE SALAD

INGREDIENTS

Cooked noodles (rice noodles or spaghetti)

Chicken breast, cooked and shredded

Soy sauce

Sesame oil

Peanut butter or tahini

Garlic, minced

Lime juice

Cucumber, sliced

Carrots, shredded

Sesame seeds



CALORIES

420

PROTEIN

34g

DIRECTIONS

1. Whisk soy sauce, sesame oil, peanut butter, garlic, and lime juice into dressing.
2. Toss noodles with chicken and vegetables.
3. Pour dressing over mixture.
4. Mix well until coated.
5. Chill in fridge before serving.
6. Top with sesame seeds.

CREAMY SUNFLOWER SEED BUTTER AND BANANA SANDWICH

INGREDIENTS

Bread (whole grain or white)

Sunflower seed butter

Banana, sliced

Honey (optional)

Cinnamon (optional)

CALORIES

400

PROTEIN

12g



DIRECTIONS

1. Spread sunflower seed butter on bread.
2. Add banana slices evenly.
3. Drizzle honey if desired.
4. Sprinkle cinnamon for flavor.
5. Close sandwich and press lightly.
6. Slice and serve.

TURKEY AND CHEESE ROLL-UP BOX

INGREDIENTS

Sliced turkey breast

Cheese slices
(cheddar, Swiss, or provolone)

Lettuce or spinach

Tortilla (optional)

Pickles (optional)

Mustard or mayo (optional)

CALORIES

310

PROTEIN

24g

DIRECTIONS

1. Lay turkey slices flat.
2. Add cheese and lettuce.
3. Roll tightly into wraps (or tortilla if using).
4. Slice into bite-sized pieces.
5. Pack into a box with sides like pickles or fruit.
6. Serve cold or chilled.



TURKEY BACON AND AVOCADO CLUB WRAP

INGREDIENTS

Flour tortilla

Turkey bacon, cooked

Sliced turkey breast

Avocado, sliced

Lettuce

Tomato slices

Mayo or mustard

Salt and pepper

CALORIES

520

PROTEIN

32g



DIRECTIONS

1. Lay tortilla flat and spread mayo or mustard.
2. Layer turkey bacon, turkey slices, avocado, lettuce, and tomato.
3. Season lightly with salt and pepper.
4. Roll tightly into a wrap.
5. Slice in half if desired. Serve chilled or fresh.

COLD SESAME SOBA NOODLES

INGREDIENTS

Soba noodles
Soy sauce
Sesame oil
Rice vinegar or lime juice
Peanut butter or tahini
Garlic, minced
Cucumber, sliced
Carrots, shredded
Sesame seeds
Green onions

CALORIES **PROTEIN**
420 **15g**

DIRECTIONS

1. Cook soba noodles and rinse under cold water.
2. Mix soy sauce, sesame oil, vinegar, and peanut butter into dressing.
3. Toss noodles with vegetables and dressing.
4. Mix until fully coated.
5. Chill before serving. Top with sesame seeds and green onions.



ALPHABET VEGETABLE SOUP IN A THERMOS

INGREDIENTS

Alphabet pasta
Vegetable broth
Carrots, diced
Celery, diced
Onion, chopped
Garlic, minced
Tomatoes or tomato paste
Olive oil
Salt and pepper
Italian seasoning
Optional: peas, spinach

CALORIES: 210

PROTEIN: 7g

DIRECTIONS

1. Sauté onion, garlic, carrots, and celery in olive oil.
2. Add broth and bring to a boil.
3. Stir in alphabet pasta and cook until tender.
4. Add tomatoes and seasoning.
5. Simmer until flavorful and slightly thick.
6. Pour into thermos and keep warm.



GREEK CHICKPEA AND FETA SALAD

INGREDIENTS

Chickpeas (cooked or canned)

Cucumber, diced

Cherry tomatoes, halved

Red onion, thinly sliced

Feta cheese, crumbled

Olive oil

Lemon juice

Oregano

Salt and pepper



CALORIES

320

PROTEIN

13g

DIRECTIONS

1. Combine chickpeas, cucumber, tomatoes, and onion.
2. Add feta cheese.
3. Drizzle olive oil and lemon juice.
4. Season with oregano, salt, and pepper.
5. Toss gently to mix. Serve chilled or at room temperature.

EGG SALAD WHOLE-WHEAT SLIDERS

INGREDIENTS

Eggs

Whole-wheat slider buns

Mayonnaise or Greek yogurt

Dijon mustard (optional)

Salt and pepper

Paprika (optional)

Lettuce (optional)



CALORIES

280

PROTEIN

13g

DIRECTIONS

1. Boil eggs for 9–11 minutes, then cool and peel.
2. Chop eggs and mix with mayo, mustard, salt, and pepper.
3. Slice slider buns in half.
4. Spoon egg salad onto bottom buns.
5. Add lettuce if desired.
6. Close sliders and serve chilled or fresh.

BBQ CHICKEN FLATBREAD WRAP

INGREDIENTS

Flatbread or large tortilla

Cooked shredded chicken

BBQ sauce

Cheese (cheddar or mozzarella)

Red onion, sliced

Lettuce (optional)

CALORIES

480

PROTEIN

33g



DIRECTIONS

1. Mix chicken with BBQ sauce.
2. Spread mixture onto flatbread.
3. Add cheese and onions.
4. Roll or fold tightly.
5. Toast in pan or oven until warm.
6. Slice and serve.

SHREDDED CHICKEN TACO BOAT

INGREDIENTS

Cooked shredded chicken

Taco seasoning

Lettuce leaves or small tortillas

Salsa

Cheese (cheddar or Mexican blend)

Sour cream or Greek yogurt

Avocado (optional)

CALORIES

PROTEIN

320

28g

DIRECTIONS

1. Season shredded chicken with taco seasoning.
2. Warm chicken in a pan.
3. Fill lettuce leaves or tortillas with chicken.
4. Add salsa, cheese, and toppings.
5. Fold into "boats" or tacos.
6. Serve fresh.



CHEDDAR AND BLACK BEAN QUESADILLA TRIANGLES

INGREDIENTS

Flour tortillas

Black beans (cooked or canned)

Cheddar cheese, shredded

Onion (optional)

Olive oil or butter

Salsa (optional)

Chili powder or cumin

380

CALORIES

18g

PROTEIN



DIRECTIONS

1. Spread black beans on half a tortilla.
2. Sprinkle cheddar cheese on top.
3. Add spices or onion if using.
4. Fold tortilla and cook in pan until crispy.
5. Slice into triangles.
6. Serve warm with salsa.

CLASSIC TUNA SALAD CELERY BOATS

INGREDIENTS

- Canned tuna, drained
- Celery stalks
- Mayonnaise or Greek yogurt
- Dijon mustard (optional)
- Salt and pepper
- Lemon juice (optional)
- Paprika (optional)

CALORIES

180

PROTEIN

16g

DIRECTIONS

1. Mix tuna with mayo (or yogurt), mustard, and seasoning.
2. Slice celery stalks lengthwise into “boats.”
3. Spoon tuna mixture into celery.
4. Sprinkle paprika if desired.
5. Chill before serving.
6. Serve as snack or light lunch.



HUMMUS AND PITA POCKET DIPPERS

INGREDIENTS

Pita bread

Hummus

Cucumber sticks

Carrot sticks

Bell pepper strips

Olive oil (optional drizzle)

Paprika or chili flakes (optional)

CALORIES 270

PROTEIN 9g

DIRECTIONS

1. Cut pita into wedges.
2. Warm lightly if desired.
3. Fill small bowl with hummus.
4. Arrange vegetables alongside pita.
5. Drizzle hummus with olive oil or spices.
6. Dip and serve.



HARD-BOILED EGG AND PRETZEL BENTO

INGREDIENTS

Eggs

Pretzels

Cheese cubes

Fresh fruit (optional: grapes, apple slices)

Carrot sticks (optional)

Salt and pepper

CALORIES

380

PROTEIN

22g



DIRECTIONS

1. Boil eggs for 9–11 minutes and peel.
2. Slice eggs or keep whole.
3. Arrange eggs, pretzels, cheese, and fruit in a container.
4. Add veggie sticks if desired.
5. Season eggs lightly.
6. Pack and serve chilled.

MINI MEATBALL SLIDERS

INGREDIENTS

Mini buns or slider rolls
Cooked meatballs
Marinara sauce
Mozzarella cheese
Butter (optional)
Italian seasoning

CALORIES
380
PER SERVING

PROTEIN
22g
PER SERVING



DIRECTIONS

1. Warm meatballs in marinara sauce.
2. Slice slider buns in half.
3. Place meatballs inside buns.
4. Add mozzarella cheese.
5. Toast or bake until melted.
6. Serve warm.

SWEET CORN AND TOMATO PASTA SALAD

INGREDIENTS

- Pasta (rotini or penne)
- Corn kernels
- Cherry tomatoes, halved
- Olive oil
- Lemon juice or vinegar
- Salt and pepper
- Basil or parsley
- Optional: feta cheese

320

CALORIES

11g

PROTEIN



DIRECTIONS

1. Cook pasta and cool completely.
2. Mix with corn and tomatoes.
3. Add olive oil and lemon juice.
4. Season with salt and pepper.
5. Toss well to combine.
6. Top with herbs and serve chilled.

HUMMUS AND VEGGIE SHRED WRAP

INGREDIENTS

Flour tortilla
Hummus
Shredded carrots
Shredded cabbage
Cucumber strips
Bell pepper strips
Olive oil (optional)
Salt and pepper

CALORIES

320

PROTEIN

11g

DIRECTIONS

1. Spread hummus evenly over tortilla.
2. Add shredded vegetables on top.
3. Season lightly with salt and pepper.
4. Roll tightly into a wrap.
5. Slice if desired.
6. Serve fresh or chilled.



CREAMY CHICKEN AND GRAPE SALAD CUPS

INGREDIENTS

Cooked chicken breast, shredded

Grapes, halved

Mayonnaise or Greek yogurt

Celery, chopped

Salt and pepper

Lemon juice (optional)

Lettuce cups or small bowls

310
CALORIES

25g
PROTEIN



DIRECTIONS

1. Mix chicken, grapes, and celery in a bowl.
2. Add mayo or yogurt and stir until creamy.
3. Season with salt, pepper, and lemon juice.
4. Chill for best flavor.
5. Spoon into lettuce cups or small containers. Serve cold.

QUINOA VEGGIE CONFETTI BOWL

INGREDIENTS

- Quinoa, cooked
- Bell peppers (red, yellow, green), diced
- Corn kernels
- Cucumber, diced
- Cherry tomatoes, halved
- Olive oil
- Lemon juice
- Salt and pepper
- Optional: avocado, feta

CALORIES 380

PROTEIN 14g

DIRECTIONS

1. Cook quinoa and let cool slightly.
2. Add all chopped vegetables.
3. Drizzle olive oil and lemon juice.
4. Season with salt and pepper.
5. Toss until well mixed.
6. Top with avocado or feta if desired.



APPLE AND CHEDDAR CHEESE MELT TOAST

INGREDIENTS

Bread slices
Apple, thinly sliced
Cheddar cheese
Butter
Honey (optional)
Cinnamon (optional)



CALORIES	PROTEIN
320 kcal	13 g

DIRECTIONS

1. Butter bread lightly.
2. Layer apple slices and cheddar cheese.
3. Toast or grill until cheese melts.
4. Drizzle honey if desired.
5. Sprinkle cinnamon for sweetness.
6. Serve warm.

PESTO PASTA SALAD WITH MOZZARELLA PEARLS

INGREDIENTS

Pasta (rotini or penne)

Basil pesto

Mozzarella pearls

Cherry tomatoes

Olive oil

Salt and pepper

Parmesan (optional)



CALORIES

420

PROTEIN

16g

DIRECTIONS

1. Cook pasta and cool completely.
2. Toss pasta with pesto and olive oil.
3. Add mozzarella pearls and tomatoes.
4. Season with salt and pepper.
5. Mix well until coated.
6. Chill and serve.

QUINOA VEGGIE CONFETTI BOWL

INGREDIENTS

- Quinoa, cooked
- Bell peppers (red, yellow, green), diced
- Corn kernels
- Cucumber, diced
- Cherry tomatoes, halved
- Olive oil
- Lemon juice
- Salt and pepper
- Optional: avocado, feta

CALORIES 380

PROTEIN 14g

DIRECTIONS

1. Cook quinoa and let cool slightly.
2. Add all chopped vegetables.
3. Drizzle olive oil and lemon juice.
4. Season with salt and pepper.
5. Toss until well mixed.
6. Top with avocado or feta if desired.

