

CLASSIC TUNA MELT ON WHOLE WHEAT ENGLISH MUFFIN

INGREDIENTS

- 1 can tuna, drained
- 2 tablespoons mayo or Greek yogurt
- 1 teaspoon mustard (optional)
- Salt and pepper to taste
- 1 whole wheat English muffin, split
- ¼–½ cup shredded cheddar or Swiss
- Optional: pickles, celery, paprika

CALORIES

370

PROTEIN

28g



DIRECTIONS

1. Mix tuna, mayo, mustard, salt, and pepper.
2. Toast English muffin halves lightly.
3. Spoon tuna mixture onto each half.
4. Top with shredded cheese.
5. Broil or toast until cheese melts and bubbles. Serve warm.

BALSAMIC BEEF AND SAUTÉED MUSHROOM SUB

INGREDIENTS

- 2-3 slices cooked beef or roast beef
- 1 cup mushrooms, sliced
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 sub roll or sandwich bread
- Salt and pepper to taste
- Optional: provolone cheese, arugula, garlic



CALORIES

520

PROTEIN

31g

DIRECTIONS

1. Sauté mushrooms in olive oil until browned.
2. Add balsamic vinegar and cook until slightly reduced.
3. Warm beef slices in the same pan.
4. Toast sub roll if desired.
5. Layer beef, mushrooms, and optional cheese or greens.
6. Serve warm.

CREAMY BUFFALO CHICKEN AND CELERY WRAP

INGREDIENTS

- 2 cups cooked chicken, shredded
- 2–3 tablespoons buffalo sauce
- 2 tablespoons cream cheese or Greek yogurt
- 1 cup celery, chopped
- 1 large tortilla or wrap
- Optional: blue cheese, ranch, lettuce

CALORIES

420

PROTEIN

34g

DIRECTIONS

1. Mix chicken with buffalo sauce and cream cheese until creamy.
2. Stir in chopped celery.
3. Warm tortilla slightly for flexibility.
4. Add filling and optional toppings.
5. Roll tightly into a wrap.
6. Serve chilled or lightly warmed.



COTTAGE CHEESE AND CUCUMBER CRUNCH OPEN-FACED

INGREDIENTS

2 slices whole grain bread (toasted)

1 cup cottage cheese

½ cucumber, thinly sliced

Salt and pepper to taste

Optional: dill, chili flakes,
olive oil, lemon juice

CALORIES

320 kcal

PROTEIN

20 g

DIRECTIONS

1. Toast bread until crisp.
2. Spread cottage cheese evenly over toast.
3. Top with cucumber slices.
4. Season with salt, pepper, and optional dill.
5. Drizzle olive oil or lemon juice if desired.
6. Serve open-faced and fresh.



SHREDDED PORK AND TANGY MUSTARD SLAW

INGREDIENTS

- 2 slices bread or sandwich bun
- 1–2 cups shredded cooked pork
- 1 cup shredded cabbage or slaw mix
- 1–2 tablespoons mustard (Dijon or yellow)
- 1 tablespoon mayo or yogurt
- Salt and pepper to taste
- Optional: pickles, hot sauce

CALORIES

520

PROTEIN

32g



DIRECTIONS

1. Mix slaw with mustard, mayo, salt, and pepper.
2. Warm shredded pork in a pan.
3. Layer pork on bread or bun.
4. Top with tangy slaw.
5. Add optional pickles or hot sauce.
6. Close sandwich and serve warm or chilled.

GRILLED TOFU BANH MI STYLE WRAP

INGREDIENTS

- 200g tofu, sliced
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon maple syrup or sugar
- 1 large tortilla or wrap
- 1 cup pickled carrots and cucumber
- 1 cup lettuce or cilantro
- Optional: sriracha, mayo

CALORIES

380

PROTEIN

22g

DIRECTIONS

1. Marinate tofu in soy sauce, sesame oil, and sweetener.
2. Grill or pan-sear until golden.
3. Warm tortilla briefly.
4. Layer tofu, pickled vegetables, and greens.
5. Add optional mayo or sriracha.
6. Roll tightly and serve.



LEMON PEPPER TUNA AND WHITE BEAN SALAD SANDWICH

INGREDIENTS

- 1 can tuna, drained
- 1 cup white beans, drained
- 1-2 teaspoons lemon pepper seasoning
- 1 tablespoon olive oil or mayo
- 1 teaspoon lemon juice
- Salt to taste
- Bread or sandwich rolls
- Optional: arugula, celery, red onion



420

CALORIES

29g

PROTEIN

DIRECTIONS

1. Mash white beans lightly in a bowl.
2. Mix in tuna, olive oil (or mayo), lemon juice, and seasoning. Stir until combined but still textured.
3. Spoon mixture onto bread.
4. Add optional greens or crunch.
5. Close sandwich and serve chilled or toasted.

TURKEY, SHARP CHEDDAR, AND CRISP GREEN APPLE

INGREDIENTS

- 2 slices bread or sandwich roll
- 3–4 slices turkey (deli or cooked)
- 2–3 slices sharp cheddar
- ½ green apple, thinly sliced
- 1 teaspoon mustard (optional)
- Optional: lettuce, honey, mayo

CALORIES

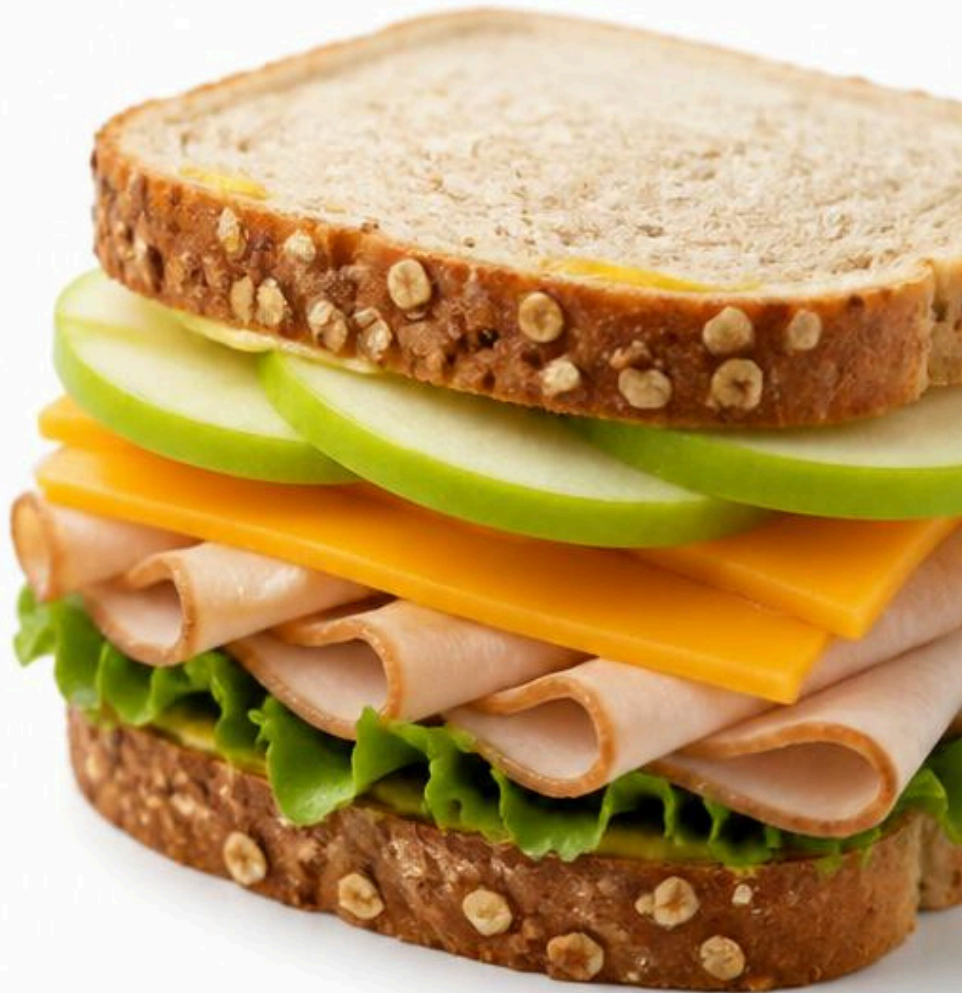
440

PROTEIN

29g

DIRECTIONS

1. Toast bread lightly if desired.
2. Spread mustard or mayo if using.
3. Layer turkey, cheddar, and apple slices.
4. Add optional lettuce or honey.
5. Close sandwich and press lightly.
6. Slice and serve fresh.



CLASSIC HERBED

Chicken and Arugula Sandwich

INGREDIENTS

2 slices sourdough or crusty bread
1 cooked chicken breast, sliced
1 cup arugula
1 tablespoon olive oil
1 teaspoon Dijon mustard
Salt and pepper to taste
Optional: lemon juice, mayo,
parmesan

460
CALORIES

32g
PROTEIN



DIRECTIONS

1. Toast bread lightly if desired.
2. Mix olive oil, Dijon, salt, and pepper.
3. Toss chicken slices lightly in the dressing.
4. Layer arugula and chicken on bread.
5. Add optional lemon juice or parmesan.
6. Close sandwich, slice, and serve.

SIMPLE MASHED WHITE BEAN AND PESTO STACK

INGREDIENTS

- 1 can white beans, drained
- 1-2 tablespoons pesto
- 1 tablespoon olive oil
- Salt and pepper to taste
- 2 slices bread (toasted)
- Optional: spinach, parmesan, lemon juice

CALORIES

420

PROTEIN

16g



DIRECTIONS

1. Mash white beans with olive oil, salt, and pepper.
2. Stir in pesto until combined but slightly chunky.
3. Toast bread slices.
4. Spread bean-pesto mixture onto toast.
5. Add optional greens or parmesan.
6. Stack or serve open-faced.

SIMPLE

Peanut Butter and Chia Seed Banana Sliders

INGREDIENTS

1 banana, sliced into thick rounds

2 tablespoons peanut butter

1–2 teaspoons chia seeds

Optional: honey, cinnamon,
granola



CALORIES

180

PROTEIN

5g

DIRECTIONS

1. Spread peanut butter on half the banana slices.
2. Sprinkle chia seeds over peanut butter.
3. Sandwich with remaining banana slices to form “sliders.”
4. Drizzle honey or sprinkle cinnamon if desired.
5. Chill for a firmer texture or eat immediately.
6. Serve as snack bites.

SMASHED AVOCADO AND EDAMAME SPREAD

INGREDIENTS

- 1 ripe avocado
- 1 cup shelled edamame (cooked)
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Optional: garlic, chili flakes, sesame seeds

CALORIES: 210

PROTEIN: 10g

DIRECTIONS

1. Mash avocado in a bowl.
2. Lightly mash or pulse edamame.
3. Combine avocado and edamame.
4. Stir in olive oil, lemon juice, salt, and pepper.
5. Mix until chunky and spreadable.
6. Serve on toast, wraps, or as a dip.



SPICY TURKEY AND PEPPER JACK CIABATTA

INGREDIENTS

- 1 ciabatta roll
- 4–6 slices turkey
- 2–3 slices pepper jack cheese
- 1 tablespoon mayo or spicy mustard
- Optional: jalapeños, lettuce, tomato, hot sauce

CALORIES

520

CAL

PROTEIN

36

G



DIRECTIONS

1. Slice ciabatta and toast lightly if desired.
2. Spread mayo or mustard on bread.
3. Layer turkey and pepper jack cheese.
4. Add optional jalapeños or veggies.
5. Press in a skillet or oven until cheese melts.
6. Serve hot and melty.

TURKEY DELI AND SWEET BELL PEPPER RING STACK

INGREDIENTS

4–6 slices turkey deli meat

1 bell pepper, sliced into thick rings

2–3 slices cheese (cheddar, provolone, or Swiss)

1 tablespoon mayo or mustard

Optional: lettuce, tomato, avocado, black pepper

CALORIES

210

PROTEIN

20g

DIRECTIONS

1. Layer a bell pepper ring as the “base.”
2. Add turkey slices folded neatly inside the ring.
3. Add cheese and optional veggies.
4. Stack another pepper ring and repeat layers if desired.
5. Secure with a toothpick if needed.
6. Serve fresh or lightly chilled.



ALMOND BUTTER AND FRESH RASPBERRY TOAST

INGREDIENTS

2 slices bread (whole grain
or sourdough)

2–3 tablespoons almond butter

½–1 cup fresh raspberries

Optional: honey, chia seeds,
cinnamon

CALORIES PROTEIN

330 11g

DIRECTIONS

1. Toast bread to desired crispness.
2. Spread almond butter evenly.
3. Top with fresh raspberries.
4. Drizzle honey if desired.
5. Sprinkle chia seeds or cinnamon if using.
6. Serve immediately.



SPICY BLACK BEAN AND MONTEREY JACK MELT

INGREDIENTS

- 1 cup black beans, drained
- ½ teaspoon cumin
- ½ teaspoon chili powder
- Salt and pepper to taste
- 2 slices bread or sandwich roll
- ½–1 cup Monterey Jack cheese, shredded
- 1 tablespoon butter or oil
- Optional: jalapeños, salsa, avocado

CALORIES

520

PROTEIN

24g

DIRECTIONS

1. Warm black beans in a pan with cumin, chili powder, salt, and pepper. Lightly mash some beans for texture.
2. Butter bread and place cheese, beans, and optional jalapeños inside.
3. Grill in a pan or press until bread is golden and cheese melts.
4. Slice and serve hot. Add salsa or avocado if desired.



GARLIC HERB

Turkey and Avocado Club

INGREDIENTS

- 2 slices bread or sandwich bread stack
- 3–4 slices turkey
- ½ avocado, sliced
- 1 cup lettuce
- 2 slices tomato
- 1 tablespoon mayo or garlic aioli
- Salt and pepper to taste
- Optional: bacon, cheese

CALORIES

520

PROTEIN

32g

DIRECTIONS

1. Toast bread if desired.
2. Spread mayo or garlic aioli on bread.
3. Layer turkey, avocado, lettuce, and tomato.
4. Season lightly with salt and pepper.
5. Add optional bacon or cheese.
6. Stack, slice, and serve.



LEAN ROAST BEEF AND HORSERADISH SLAW

INGREDIENTS

- 2–3 slices bread or sandwich roll
- 4–6 slices roast beef
- 1 cup shredded cabbage or slaw mix
- 1–2 tablespoons horseradish sauce
- 1 tablespoon mayo or Greek yogurt
- Salt and pepper to taste
- Optional: pickles, mustard, arugula



420
CALORIES

33g
PROTEIN

DIRECTIONS

1. Mix slaw with horseradish sauce, mayo, salt, and pepper.
2. Layer roast beef on bread.
3. Add horseradish slaw on top.
4. Add optional pickles or greens.
5. Close sandwich and press lightly.
6. Serve fresh or slightly toasted.

ROASTED VEGETABLE AND GOAT CHEESE PANINI

INGREDIENTS

- 2 slices sourdough or ciabatta
- 1 cup roasted vegetables (zucchini, bell pepper, eggplant, onion)
- 2–3 tablespoons goat cheese
- 1 tablespoon olive oil or butter
- Optional: pesto, balsamic glaze, spinach

460

CALORIES

18g

PROTEIN



DIRECTIONS

1. Preheat a panini press or skillet.
2. Spread goat cheese on bread slices.
3. Layer roasted vegetables and optional spinach or pesto.
4. Close sandwich and brush outside with olive oil or butter.
5. Grill until golden and crisp. Slice and serve warm.

SMOKED SALMON AND HERB CHEESE SOURDOUGH

INGREDIENTS

- 2 slices sourdough bread
- 3–4 slices smoked salmon
- 2–3 tablespoons herb cream cheese
- 1 teaspoon lemon juice
- 1 tablespoon capers (optional)
- Fresh dill or chives
- Optional: cucumber slices,
black pepper

CALORIES

420

PROTEIN

24g

DIRECTIONS

1. Toast sourdough lightly if desired.
2. Spread herb cream cheese on bread.
3. Layer smoked salmon evenly.
4. Add lemon juice and capers.
5. Top with dill or chives.
6. Close sandwich or serve open-faced.



CURRIED EGG SALAD WITH BABY SPINACH

INGREDIENTS

- 3–4 hard-boiled eggs, chopped
- 2 tablespoons mayo or Greek yogurt
- 1 teaspoon curry powder
- 1 teaspoon mustard (optional)
- Salt and pepper to taste
- 1 cup baby spinach
- Optional: celery, raisins, onion

CALORIES	PROTEIN
320	20
kcal	g

DIRECTIONS

1. Mix eggs, mayo, curry powder, mustard, salt, and pepper. Stir until creamy and well combined.
2. Layer baby spinach on bread or wrap.
3. Add egg salad on top.
4. Close sandwich or serve open-faced.
5. Chill or serve immediately.



ROASTED TURKEY AND CRANBERRY CREAM CHEESE PANINI

INGREDIENTS

2 slices sourdough or ciabatta
4–6 slices roasted turkey
2–3 tablespoons cream cheese
1–2 tablespoons cranberry sauce
1 tablespoon butter
Optional: spinach, brie,
black pepper

CALORIES

420

PROTEIN

29g

DIRECTIONS

1. Spread cream cheese on bread slices.
2. Layer turkey and cranberry sauce.
3. Add optional spinach or brie.
4. Close sandwich and butter outside lightly.
5. Press in skillet or panini press until golden.
6. Slice and serve warm.



BALSAMIC MARINATED PORTOBELLO CAP SANDWICH

INGREDIENTS

- 2 large portobello mushroom caps
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 garlic clove, minced
- Salt and pepper to taste
- 2 sandwich rolls or buns
- Optional: mozzarella, arugula, roasted peppers

CALORIES: 380

PROTEIN: 15g

DIRECTIONS

1. Marinate mushrooms in balsamic, oil, garlic, salt, and pepper for 15–30 minutes.
2. Grill or pan-sear until tender and juicy.
3. Toast buns if desired.
4. Place mushroom caps on buns.
5. Add optional cheese or greens.
6. Serve warm.



BLACKENED SALMON AND CITRUS SLAW BUN

INGREDIENTS

- 2 salmon fillets
- 1 teaspoon blackened seasoning
- 1 tablespoon oil
- 1 cup shredded cabbage or slaw mix
- Juice of ½ orange or lemon
- 1 tablespoon mayo or yogurt
- 2 buns or rolls
- Salt and pepper to taste
- Optional: avocado, hot sauce

CALORIES

520

PROTEIN

34g



DIRECTIONS

1. Coat salmon with blackened seasoning.
2. Sear in a hot pan until cooked through and crisped.
3. Mix slaw with citrus juice and mayo/yogurt.
4. Toast buns lightly if desired.
5. Add salmon and slaw to buns.
6. Serve warm.

SHAVED ROAST BEEF AND BLUE CHEESE ARUGULA SUB

INGREDIENTS

- 1 sub roll or baguette
- 4–6 slices shaved roast beef
- ¼ cup blue cheese crumbles
- 1 cup arugula
- 1 teaspoon horseradish or mustard (optional)
- Salt and pepper to taste
- Optional: pickled onions, mayo



CALORIES

550

PROTEIN

34g

DIRECTIONS

1. Slice and lightly toast sub roll if desired.
2. Spread horseradish or mustard on bread.
3. Layer roast beef and arugula.
4. Sprinkle blue cheese over top.
5. Add optional pickled onions or mayo.
6. Close sandwich and serve.

GARLIC HERB TOFU AND TOMATO WRAP

INGREDIENTS

- 200g firm tofu, sliced or cubed
- 1 cup cherry tomatoes, halved
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 teaspoon dried herbs (oregano or Italian blend)
- Salt and pepper to taste
- 1 large tortilla or wrap
- Optional: spinach, hummus, balsamic glaze

CALORIES

380

kcal

PROTEIN

22

g



DIRECTIONS

1. Sauté tofu in olive oil until lightly golden.
2. Add garlic, herbs, salt, and pepper.
3. Toss in tomatoes and warm briefly.
4. Warm tortilla.
5. Add tofu mixture and optional greens or hummus.
6. Roll tightly and serve.

ZUCCHINI RIBBONS AND GOAT CHEESE OPEN-FACED

INGREDIENTS

1 zucchini, sliced into ribbons

2 slices bread (toasted)

2–3 tablespoons goat cheese

1 tablespoon olive oil

Salt and pepper to taste

Optional: lemon zest, basil,
chili flakes

CALORIES

290

PROTEIN

10g



DIRECTIONS

1. Lightly sauté zucchini ribbons in olive oil for 1–2 minutes.
2. Toast bread until crisp.
3. Spread goat cheese over toast.
4. Top with zucchini ribbons.
5. Season with salt, pepper, and optional toppings. Serve open-faced.

ROASTED CHICKEN AND PEAR SLICE PANINI

INGREDIENTS

- 2 slices sourdough or ciabatta
- 1 cup cooked chicken, sliced
- ½ pear, thinly sliced
- 2–3 slices provolone or Swiss cheese
- 1 teaspoon Dijon mustard (optional)
- Butter or olive oil for grilling
- Optional: arugula, honey

CALORIES

540

PROTEIN

34g

DIRECTIONS

1. Layer chicken, pear slices, and cheese on bread.
2. Add optional mustard or arugula.
3. Close sandwich and butter outside lightly.
4. Grill in pan or panini press until golden.
5. Cook until cheese melts fully.
6. Slice and serve warm.



TERIYAKI CHICKEN AND PINEAPPLE GRILLED FLATBREAD

INGREDIENTS

- 1–2 flatbreads or naan
- 2 cups cooked chicken, sliced
- ½–1 cup pineapple chunks
- 2–3 tablespoons teriyaki sauce
- ½–1 cup mozzarella or provolone
- Optional: green onions, sesame seeds

CALORIES

520

PER SERVING

PROTEIN

36g

PER SERVING



DIRECTIONS

1. Toss chicken with teriyaki sauce.
2. Spread chicken and pineapple over flatbread.
3. Add cheese and optional toppings.
4. Grill or bake at 200°C (400°F) until cheese melts and edges crisp.
5. Slice and serve warm.

LEMON GARLIC SHRIMP AND ARUGULA ROLL

INGREDIENTS

- 200–300g shrimp, peeled
- 1 tablespoon olive oil or butter
- 2 garlic cloves, minced
- Juice of ½ lemon
- Salt and pepper to taste
- 1 large tortilla or wrap
- 1 cup arugula
- Optional: mayo, avocado, chili flakes

CALORIES

420 kcal

PROTEIN

28 g



DIRECTIONS

1. Sauté shrimp in olive oil with garlic until pink and cooked.
2. Add lemon juice, salt, and pepper.
3. Warm tortilla briefly.
4. Add arugula and shrimp.
5. Add optional toppings like avocado or mayo.
6. Roll tightly and serve warm.

SMASHED WHITE BEAN AND ROASTED RED PEPPER PANINI

INGREDIENTS

- 1 can white beans, drained
- 1 cup roasted red peppers, sliced
- 2 slices sourdough or ciabatta
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Optional: arugula, parmesan, chili flakes

CALORIES

390

PROTEIN

16g

DIRECTIONS

1. Mash white beans with olive oil, garlic, lemon juice, salt, and pepper.
2. Spread smashed bean mixture on bread.
3. Add roasted red peppers and optional greens or cheese.
4. Close sandwich and brush outside with olive oil.
5. Press in a skillet or panini press until golden and crisp.
6. Slice and serve warm.



ROASTED SWEET POTATO AND BLACK BEAN POCKET

INGREDIENTS

- 1 sweet potato, cubed
- 1 cup black beans, drained
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- 1 pita pocket or sandwich bread
- Optional: avocado, salsa,
lime juice, cheese



CALORIES

410

PROTEIN

16g

DIRECTIONS

1. Roast sweet potatoes at 200°C (400°F) for 20–25 minutes until tender.
2. Warm black beans with spices in a pan.
3. Combine sweet potatoes and beans.
4. Stuff mixture into pita pocket.
5. Add optional toppings like avocado or salsa.
6. Serve warm.

SIMPLE SHAVED HAM AND SWISS ON PUMPERNICKEL

INGREDIENTS

2 slices pumpernickel bread
4–6 slices shaved ham
2 slices Swiss cheese
1 teaspoon mustard
(Dijon or whole grain)
Optional: pickles, lettuce,
butter

CALORIES

390

PROTEIN

23g



DIRECTIONS

1. Lightly toast pumpernickel if desired.
2. Spread mustard on bread.
3. Layer ham and Swiss cheese.
4. Add optional pickles or lettuce.
5. Close sandwich and press lightly.
6. Serve fresh or toasted.

PESTO CHICKEN AND SUN-DRIED TOMATO PRESS

INGREDIENTS

2 slices sourdough or ciabatta

1 cup cooked chicken, sliced

2 tablespoons pesto

2 tablespoons sun-dried tomatoes, chopped

½ cup mozzarella or provolone

Butter or olive oil for grilling

Optional: spinach, parmesan



CALORIES

520

PROTEIN

35g

DIRECTIONS

1. Spread pesto on bread slices.
2. Layer chicken, sun-dried tomatoes, and cheese.
3. Close sandwich and brush outside with butter or oil.
4. Press in pan or sandwich press until golden and melty.
5. Let rest 1–2 minutes before slicing. Serve warm.

SPICY ITALIAN TURKEY AND PROVOLONE SUB

INGREDIENTS

- 1 sub roll or baguette
- 4–6 slices turkey (or turkey deli meat)
- 2–3 slices provolone cheese
- 1 tablespoon spicy mustard or Italian dressing
- ½ cup lettuce
- 2–3 slices tomato
- Optional: banana peppers, red onion, chili flakes



CALORIES

420

PROTEIN

29g

DIRECTIONS

1. Slice and lightly toast the sub roll if desired.
2. Spread spicy mustard or dressing on bread.
3. Layer turkey, provolone, lettuce, and tomato.
4. Add optional peppers or onion.
5. Press sandwich lightly for melding flavors.
6. Serve fresh or warmed.

LEMON DILL TUNA SALAD ON RYE

INGREDIENTS

- 1 can tuna, drained
- 2 tablespoons Greek yogurt or mayo
- 1 teaspoon lemon juice
- 1 teaspoon fresh or dried dill
- Salt and pepper to taste
- 2 slices rye bread
- Optional: celery, capers, cucumber, lettuce



CALORIES

310

PROTEIN

24g

DIRECTIONS

1. Mix tuna, yogurt, lemon juice, dill, salt, and pepper.
2. Stir until creamy and combined.
3. Toast rye bread if desired.
4. Spoon tuna salad onto bread.
5. Add optional crunchy vegetables.
6. Serve open-faced or as a sandwich.

HUMMUS, BEET, AND GOAT CHEESE TOAST

INGREDIENTS

2 slices sourdough or whole grain bread

2–3 tablespoons hummus

½ cup roasted or cooked beets, sliced

2–3 tablespoons goat cheese

1 teaspoon olive oil

Salt and pepper to taste

Optional: arugula, balsamic glaze,
walnuts

CALORIES

360

PROTEIN

14g

DIRECTIONS

1. Toast bread until crisp.
2. Spread hummus evenly over toast.
3. Layer beet slices on top.
4. Add crumbled goat cheese.
5. Drizzle olive oil and season lightly.
6. Add optional greens or balsamic glaze.



TANGY GREEK Chicken and Feta Pita Pocket

INGREDIENTS

- 1–2 pita pockets
- 2 cups cooked chicken, sliced or shredded
- ¼ cup feta cheese, crumbled
- ½ cup cucumber, diced
- ½ cup tomato, chopped
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Optional: tzatziki, red onion, lettuce



CALORIES

430

PROTEIN

33g

DIRECTIONS

1. Mix chicken with olive oil, lemon juice, oregano, salt, and pepper.
2. Warm pita pockets slightly.
3. Fill with chicken, cucumber, tomato, and feta.
4. Add optional tzatziki or greens.
5. Fold and serve fresh. Optional: toast lightly for warmth.

CURRIED CHICKEN SALAD WITH SLICED ALMONDS

INGREDIENTS

- 2 cups cooked chicken, shredded
- ¼ cup Greek yogurt or mayo
- 1 teaspoon curry powder
- ½ teaspoon lemon juice
- Salt and pepper to taste
- 2 tablespoons sliced almonds
- Optional: raisins, celery, apple



CALORIES

310

PROTEIN

27g

DIRECTIONS

1. Mix chicken, yogurt, curry powder, lemon juice, salt, and pepper.
Stir until creamy and evenly coated.
2. Fold in sliced almonds (and optional add-ins).
3. Chill for better flavor, if desired.
4. Serve in sandwiches, wraps, or lettuce cups.
Top with extra almonds for crunch.

MEDITERRANEAN

Hummus and Chickpea Mash

INGREDIENTS

1 can chickpeas, drained

¼–½ cup hummus

1 tablespoon olive oil

1 teaspoon lemon juice

Salt and pepper to taste

Optional: garlic, cumin,
paprika, parsley, olives



CALORIES

240

PROTEIN

11g

DIRECTIONS

1. Lightly mash chickpeas in a bowl (leave some texture).
2. Stir in hummus, olive oil, and lemon juice.
3. Season with salt, pepper, and optional spices.
4. Mix until creamy but chunky.
5. Serve as a spread or sandwich filling.
Top with herbs or olive oil drizzle if desired.