

LEMON HERB TURKEY BURGER BOX

INGREDIENTS

Ground turkey patties
Lemon juice
Garlic powder
Italian herbs
Lettuce
Tomato slices
Pickles (optional)
Whole grain bun or
box-style meal base
Salt and pepper



CALORIES

480

PROTEIN

38g

DIRECTIONS

1. Season turkey with lemon, herbs, salt, and pepper.
2. Form patties and cook until fully done.
3. Assemble with lettuce, tomato, and pickles.
4. Serve as burger or deconstructed box.
Add dressing or mustard if desired.
5. Pack fresh or serve warm.

ROASTED SWEET POTATO AND KALE SALAD

INGREDIENTS

Sweet potatoes, cubed
Kale, chopped
Olive oil
Salt and pepper
Garlic powder
Lemon juice
Feta cheese (optional)
Pumpkin seeds or nuts



CALORIES

320

PROTEIN

10g

DIRECTIONS

1. Roast sweet potatoes with oil and seasoning until tender.
2. Massage kale with olive oil and lemon juice.
3. Combine kale and roasted sweet potatoes.
4. Add feta and seeds if desired. Toss gently.
5. Serve warm or cold.

QUINOA EDAMAME HARVEST PLATE

INGREDIENTS

Quinoa, cooked
Edamame
Roasted sweet potato cubes
(optional)
Spinach or kale
Olive oil
Lemon juice
Salt and pepper
Pumpkin seeds or nuts

CALORIES

430

PROTEIN

17g



DIRECTIONS

1. Cook quinoa and let cool slightly.
2. Add edamame and greens to plate.
3. Add roasted sweet potatoes if using.
4. Drizzle olive oil and lemon juice.
5. Season and toss gently.
6. Top with seeds or nuts and serve.

BLACK BEAN AND SWEET CORN BURRITO BOWL

INGREDIENTS

Cooked rice

Black beans

Sweet corn

Avocado, sliced

Salsa

Lime juice

Cumin or chili powder

Cheese (optional)

Cilantro (optional)



CALORIES

480

PROTEIN

18g

DIRECTIONS

1. Add rice as base in bowl.
2. Add black beans and corn on top.
3. Season with cumin, salt, and pepper.
4. Add avocado and salsa.
5. Squeeze fresh lime juice over everything.
6. Mix and serve warm or cold.

SHREDDED BUFFALO CHICKEN SALAD WRAP

INGREDIENTS

- Cooked shredded chicken
- Buffalo sauce
- Lettuce
- Tortilla wrap
- Ranch or blue cheese dressing
- Celery, chopped (optional)
- Cheese (optional)

CALORIES

380

PROTEIN

30g



DIRECTIONS

1. Mix shredded chicken with buffalo sauce.
2. Lay tortilla flat and add lettuce.
3. Add buffalo chicken mixture.
4. Drizzle ranch or blue cheese dressing.
5. Add celery or cheese if desired.
6. Roll tightly and serve.

TURKEY AND SMOKED GOUDA CLUB SANDWICH

INGREDIENTS

Bread slices (toasted)
Turkey slices
Smoked gouda cheese
Bacon (optional)
Lettuce
Tomato slices
Mayonnaise or mustard



CALORIES	PROTEIN
520	32g

DIRECTIONS

1. Toast bread slices.
2. Spread mayo or mustard on bread.
3. Layer turkey, smoked gouda, bacon, lettuce, and tomato.
4. Stack layers and close sandwich.
5. Slice into halves or quarters.
6. Serve fresh.

TANGY MEDITERRANEAN CHICKPEA SALAD

INGREDIENTS

Chickpeas (cooked or canned)

Cucumber, diced

Cherry tomatoes, halved

Red onion, thinly sliced

Olive oil

Lemon juice

Feta cheese (optional)

Oregano

Salt and pepper



CALORIES

310

PROTEIN

11g

DIRECTIONS

1. Combine chickpeas, cucumber, tomatoes, and onion.
2. Add feta cheese if using.
3. Drizzle olive oil and lemon juice.
4. Season with oregano, salt, and pepper.
5. Toss gently to combine.
6. Chill or serve immediately.

HONEY MUSTARD CHICKEN WRAP

INGREDIENTS

Flour tortilla
Chicken breast, cooked and sliced
Honey mustard sauce
Lettuce
Tomato slices
Cheese (optional)
Salt and pepper

CALORIES

430

PROTEIN

34g

DIRECTIONS

1. Warm tortilla slightly.
2. Spread honey mustard sauce evenly.
3. Add chicken, lettuce, and tomato.
4. Add cheese if desired.
5. Season lightly with salt and pepper.
6. Roll tightly and serve fresh.



GARLIC BUTTER STEAK BITES AND POTATOES

INGREDIENTS

Steak, cut into cubes

Potatoes, diced

Butter

Garlic, minced

Salt and pepper

Paprika (optional)

Parsley (optional)



CALORIES

540

PROTEIN

36g

DIRECTIONS

1. Cook potatoes in pan until crispy and tender.
2. Season steak bites with salt and pepper.
3. Sear steak until browned.
4. Add butter and garlic to pan.
5. Toss steak in garlic butter.
6. Serve steak over potatoes with parsley.

HUMMUS AND FALAFEL BENTO BOX

INGREDIENTS

Falafel (store-bought or homemade)

Hummus

Pita bread or crackers

Cucumber sticks

Carrot sticks

Cherry tomatoes

Olive oil (optional)

Lemon juice (optional)



CALORIES

PROTEIN

520 kcal

20 g

DIRECTIONS

1. Prepare or warm falafel if needed.
2. Add hummus to a section of the box.
3. Slice pita into wedges.
4. Arrange vegetables neatly in compartments.
5. Add falafel alongside.
6. Drizzle olive oil or lemon juice if desired and pack.

CRANBERRY PECAN CHICKEN SALAD SANDWICH

INGREDIENTS

- Cooked chicken breast, shredded
- Mayonnaise or Greek yogurt
- Dried cranberries
- Pecans, chopped
- Celery, chopped (optional)
- Salt and pepper
- Bread (whole grain or sandwich bread)
- Lettuce (optional)



CALORIES

450

PROTEIN

28g

DIRECTIONS

1. Mix chicken, mayo (or yogurt), cranberries, and pecans.
2. Add celery, salt, and pepper. Stir until creamy and combined.
3. Toast bread if desired.
4. Layer chicken salad with lettuce on bread.
5. Slice and serve chilled or fresh.

CREAMY SUN-DRIED TOMATO PASTA

INGREDIENTS

Pasta (penne or fettuccine)

Sun-dried tomatoes

Cream or milk

Garlic, minced

Olive oil or butter

Parmesan cheese

Salt and pepper

Basil (optional)



CALORIES

520

PROTEIN

18g

INSTRUCTIONS

1. Cook pasta and set aside.
2. Sauté garlic in olive oil.
3. Add sun-dried tomatoes and cream.
4. Stir in parmesan until sauce is smooth.
5. Toss pasta in sauce.
6. Garnish with basil and serve warm.

MOROCCAN LENTIL AND COUSCOUS SALAD

INGREDIENTS

Lentils, cooked
Couscous, cooked
Olive oil
Lemon juice
Cumin
Paprika
Carrots, diced
Raisins or dried apricots (optional)
Fresh parsley

CALORIES PROTEIN

320

12g



DIRECTIONS

1. Cook lentils and couscous separately.
2. Combine in a large bowl.
3. Add carrots and dried fruit.
4. Season with cumin, paprika, salt, and pepper.
5. Drizzle olive oil and lemon juice.
6. Toss and garnish with parsley.

CURRIED EGG SALAD LETTUCE CUPS

INGREDIENTS

Hard-boiled eggs
Mayonnaise or Greek yogurt
Curry powder
Salt and pepper
Lemon juice (optional)
Lettuce leaves
Celery (optional)

CALORIES

210

PROTEIN

13g

DIRECTIONS

1. Chop boiled eggs into small pieces.
2. Mix with mayo/yogurt and curry powder.
3. Add salt, pepper, and lemon juice.
4. Stir until creamy.
5. Spoon into lettuce cups.
6. Serve chilled.



SHREDDED CHICKEN CAESAR WRAP

INGREDIENTS

Flour tortilla
Cooked shredded chicken
Caesar dressing
Romaine lettuce
Parmesan cheese
Croutons (optional)
Salt and pepper



CALORIES

420

PROTEIN

32g

DIRECTIONS

1. Toss chicken with Caesar dressing.
2. Lay tortilla flat and add lettuce.
3. Add chicken and parmesan.
4. Add croutons for crunch if desired.
5. Roll tightly into wrap.
6. Slice and serve chilled or fresh.

SPICY PEANUT NOODLE SALAD

INGREDIENTS

Rice noodles or spaghetti

Peanut butter

Soy sauce

Lime juice

Honey or maple syrup

Garlic, minced

Chili flakes or sriracha

Cucumber, sliced

Carrots, shredded

Sesame seeds



CALORIES

420

PROTEIN

14g

DIRECTIONS

1. Cook noodles and rinse under cold water.
2. Mix peanut butter, soy sauce, lime, garlic, and chili into dressing.
3. Toss noodles with cucumber and carrots.
4. Add dressing and mix well.
5. Chill for best flavor.
6. Top with sesame seeds and serve cold.

GREEK ORZO SALAD WITH CRUMBLED FETA

INGREDIENTS

Orzo pasta
Cucumber, diced
Cherry tomatoes
Red onion, thinly sliced
Feta cheese
Olive oil
Lemon juice
Oregano
Salt and pepper



CALORIES: 340

PROTEIN: 12g

DIRECTIONS

1. Cook orzo and cool completely.
2. Add cucumber, tomatoes, and onion.
3. Mix in feta cheese.
4. Drizzle olive oil and lemon juice.
5. Season and toss well.
6. Chill before serving.

CLASSIC ITALIAN SUB SANDWICH

INGREDIENTS

Sub roll

Salami

Ham

Turkey or roast beef (optional)

Provolone cheese

Lettuce

Tomato slices

Onion slices

Italian dressing or mayo

Salt and pepper



CALORIES: 520

PROTEIN: 28g

DIRECTIONS

1. Slice sub roll open.
2. Layer meats and provolone cheese.
3. Add lettuce, tomato, and onion.
4. Drizzle Italian dressing.
5. Season lightly with salt and pepper.
6. Close sandwich and serve fresh.

PESTO PASTA SALAD WITH ROASTED PEPPERS

INGREDIENTS

- Pasta (rotini or penne)
- Basil pesto
- Roasted red peppers, sliced
- Cherry tomatoes, halved
- Olive oil
- Salt and pepper
- Parmesan cheese (optional)
- Mozzarella pearls (optional)

CALORIES

360

PROTEIN

12g

DIRECTIONS

1. Cook pasta and let cool completely.
2. Toss pasta with pesto and olive oil.
3. Add roasted peppers and tomatoes.
4. Mix until evenly coated.
5. Season with salt and pepper.
6. Top with cheese if desired and serve chilled.



CREAMY AVOCADO TUNA SALAD CUPS

INGREDIENTS

Canned tuna, drained
Avocado, mashed
Lime or lemon juice
Salt and pepper
Celery, chopped (optional)
Greek yogurt or mayo (optional)
Lettuce cups

CALORIES

310

PROTEIN

24g

DIRECTIONS

1. Mix tuna with mashed avocado.
2. Add lemon juice, salt, and pepper.
3. Stir in celery or yogurt if using.
4. Spoon into lettuce cups.
5. Chill before serving if desired.
6. Serve as light meal or snack.



SESAME GINGER BEEF AND RICE BOWL

INGREDIENTS

Beef strips

Cooked rice

Soy sauce

Sesame oil

Fresh ginger, minced

Garlic, minced

Green onions

Sesame seeds

Optional: broccoli or carrots



CALORIES

540

PROTEIN

34g

DIRECTIONS

1. Cook beef in pan until browned.
2. Add garlic and ginger; sauté briefly.
3. Stir in soy sauce and sesame oil.
4. Cook until sauce coats beef.
5. Serve over rice.
6. Top with green onions and sesame seeds.

CREAMY ALMOND BUTTER AND GREEN APPLE TOAST

INGREDIENTS

Bread (whole grain or sourdough)

Almond butter

Green apple, thinly sliced

Honey (optional)

Cinnamon

Chia seeds (optional)

CALORIES

320

PROTEIN

9g

DIRECTIONS

1. Toast bread until golden.
2. Spread almond butter evenly.
3. Add sliced green apple on top.
4. Drizzle honey if desired.
5. Sprinkle cinnamon and chia seeds.
6. Serve immediately.



MEDITERRANEAN PEARL COUSCOUS SALAD

INGREDIENTS

Pearl couscous, cooked
Cherry tomatoes, halved
Cucumber, diced
Red onion, thinly sliced
Feta cheese
Olive oil
Lemon juice
Oregano
Salt and pepper

CALORIES

320

PROTEIN

11g



DIRECTIONS

1. Cook couscous and let cool.
2. Mix vegetables and feta in a bowl.
3. Add couscous and toss.
4. Drizzle olive oil and lemon juice.
5. Season with oregano, salt, and pepper.
6. Chill or serve at room temperature.

SPICY BLACK BEAN AND AVOCADO WRAP

INGREDIENTS

Flour tortilla

Black beans

Avocado, sliced or mashed

Lettuce

Salsa

Lime juice

Chili powder or cayenne

Salt and pepper

Optional: cheese



CALORIES: 420

PROTEIN: 16g

DIRECTIONS

1. Season black beans with chili powder, salt, and lime juice.
2. Warm tortilla slightly.
3. Spread avocado on tortilla.
4. Add black beans, lettuce, and salsa.
5. Roll tightly into a wrap.
6. Slice and serve fresh.

SESAME CHICKEN AND SNAP PEA STIR-FRY

INGREDIENTS

Chicken breast, sliced

Snap peas

Soy sauce

Sesame oil

Garlic, minced

Ginger, minced

Honey (optional)

Sesame seeds

Cooked rice (optional)



CALORIES

PROTEIN

420

32g

DIRECTIONS

1. Cook chicken in sesame oil until browned.
2. Add garlic and ginger; sauté briefly.
3. Add snap peas and cook until tender-crisp.
4. Stir in soy sauce and honey.
5. Toss everything together.
6. Serve over rice and top with sesame seeds.

LEMON GARLIC TILAPIA RICE BOWL

INGREDIENTS

Tilapia fillets
Cooked rice
Lemon juice
Garlic, minced
Olive oil or butter
Salt and pepper
Paprika (optional)
Parsley (optional)

CALORIES

420

PROTEIN

32g



DIRECTIONS

1. Season tilapia with salt, pepper, and paprika.
2. Pan-sear in olive oil until flaky and cooked.
3. Add garlic and lemon juice to pan.
4. Place rice in bowl as base.
5. Top with tilapia and drizzle pan sauce.
6. Garnish with parsley and serve warm.

CAPRESE FLATBREAD WITH BALSAMIC GLAZE

INGREDIENTS

Flatbread or naan
Fresh mozzarella
Tomato slices
Fresh basil
Olive oil
Balsamic glaze
Salt and pepper

CALORIES	PROTEIN
320	16g



DIRECTIONS

1. Lightly toast flatbread.
2. Add mozzarella and tomato slices.
3. Drizzle olive oil and season lightly.
4. Warm until cheese softens.
5. Add fresh basil on top.
6. Finish with balsamic glaze and serve.

SWEET CHILI CHICKEN LETTUCE BOATS

INGREDIENTS

Chicken breast, cooked and shredded

Sweet chili sauce

Lettuce leaves (romaine or butter lettuce)

Garlic (optional)

Lime juice

Sesame seeds (optional)

Cilantro (optional)

CALORIES

290

PROTEIN

28g



DIRECTIONS

1. Mix shredded chicken with sweet chili sauce.
2. Warm mixture slightly in pan.
3. Spoon into lettuce leaves.
4. Add lime juice and toppings.
5. Sprinkle sesame seeds or cilantro.
6. Serve fresh as handheld boats.

ROAST BEEF AND HORSERADISH BAGUETTE

INGREDIENTS

Baguette

Roast beef slices

Horseradish sauce

Lettuce

Tomato slices

Salt and pepper

Butter or mayo (optional)



CALORIES

470

PROTEIN

28g

DIRECTIONS

1. Slice baguette and toast lightly if desired.
2. Spread horseradish sauce on bread.
3. Layer roast beef, lettuce, and tomato.
4. Season lightly with salt and pepper.
5. Add butter or mayo if desired.
6. Close and serve fresh.

MAPLE GLAZED TOFU AND BROCCOLI BOWL

INGREDIENTS

Firm tofu, cubed

Broccoli florets

Cooked rice or quinoa

Soy sauce

Maple syrup

Garlic, minced

Sesame oil

Cornstarch (optional
for crisping tofu)

Sesame seeds



CALORIES

480

PROTEIN

28g

DIRECTIONS

1. Toss tofu in cornstarch and pan-fry until crispy.
2. Steam or sauté broccoli until tender.
3. Mix soy sauce, maple syrup, garlic, and sesame oil.
4. Pour glaze over tofu and coat well.
5. Add rice or quinoa to bowl.
6. Top with tofu, broccoli, and sesame seeds.

SMOKED TURKEY AND CRANBERRY WRAP

INGREDIENTS

Flour tortilla

Smoked turkey slices

Cranberry sauce

Lettuce

Cream cheese or mayo (optional)

Salt and pepper

CALORIES

340

PROTEIN

22g



DIRECTIONS

1. Spread cream cheese or mayo on tortilla.
2. Add smoked turkey slices.
3. Spread cranberry sauce evenly.
4. Add lettuce and seasoning.
5. Roll tightly into wrap.
6. Slice and serve chilled or fresh.

ROASTED VEGETABLE AND HUMMUS CIABATTA

INGREDIENTS

- Ciabatta bread
- Hummus
- Zucchini, bell peppers, eggplant (mixed vegetables)
- Olive oil
- Salt and pepper
- Garlic powder
- Lemon juice (optional)

CALORIES

430

PROTEIN

13g



DIRECTIONS

1. Roast vegetables with olive oil, salt, pepper, and garlic until tender.
2. Slice ciabatta bread and lightly toast.
3. Spread hummus generously on bread.
4. Add roasted vegetables on top.
5. Drizzle lemon juice if desired.
6. Serve warm or cold.

LEMON PEPPER SHRIMP RICE BOWL

INGREDIENTS

Shrimp, peeled and deveined

Cooked rice

Lemon juice

Black pepper

Garlic, minced

Olive oil or butter

Salt

Parsley (optional)

CALORIES

PROTEIN

430

32

CAL

G



DIRECTIONS

1. Sauté shrimp in olive oil with garlic.
2. Season with lemon juice, pepper, and salt.
3. Cook until shrimp are pink and done.
4. Add rice to bowl as base.
5. Top with shrimp mixture.
6. Garnish with parsley and serve warm.

BLACKENED CHICKEN AND AVOCADO SALAD

INGREDIENTS

- Chicken breast
- Blackening spice (paprika, chili powder, garlic powder, pepper)
- Lettuce or mixed greens
- Avocado, sliced
- Olive oil
- Lime juice
- Salt
- Optional: cherry tomatoes, cucumber

CALORIES

420

PROTEIN

36g



DIRECTIONS

1. Season chicken with blackening spices.
2. Cook chicken in pan until charred and done.
3. Slice chicken.
4. Add greens to bowl and top with chicken and avocado.
5. Drizzle olive oil and lime juice.
6. Toss lightly and serve fresh.

TURKEY BACON AND SWISS SLIDERS

INGREDIENTS

Slider buns

Turkey bacon, cooked

Sliced turkey or chicken (optional)

Swiss cheese

Butter

Mustard or mayo (optional)

Lettuce (optional)

CALORIES 310

PROTEIN 22g



DIRECTIONS

1. Slice slider buns in half.
2. Layer turkey bacon and Swiss cheese inside.
3. Add optional turkey/chicken for extra protein.
4. Spread mustard or mayo if desired.
5. Close sliders and brush tops with butter.
6. Bake or toast until warm and melted.

TERIYAKI SALMON JASMINE RICE BOX

INGREDIENTS

Salmon fillet
Teriyaki sauce
Jasmine rice, cooked
Soy sauce (optional)
Sesame seeds
Green onions
Broccoli or mixed vegetables (optional)

CALORIES

520

PROTEIN

34g

DIRECTIONS

1. Cook salmon and brush with teriyaki sauce.
2. Prepare jasmine rice as base.
3. Place salmon on top of rice.
4. Add vegetables if using.
5. Sprinkle sesame seeds and green onions.
6. Serve warm or chilled.



SOUTHWESTERN QUINOA SALAD BOX

INGREDIENTS

Quinoa, cooked
Black beans
Corn
Bell peppers, diced
Avocado
Lime juice
Olive oil
Cumin and chili powder
Salt and pepper
Cilantro (optional)



CALORIES **PROTEIN**

420

kcal

14

g

DIRECTIONS

Cook quinoa and let cool.

Mix with black beans, corn, and peppers.

Season with cumin, chili powder, salt, and pepper.

Add lime juice and olive oil.

Top with avocado and cilantro.

Pack into box and serve chilled or fresh.

BARBECUE PULLED PORK RICE BOWL

INGREDIENTS

Pulled pork

Cooked rice

BBQ sauce

Corn kernels (optional)

Coleslaw mix (optional)

Pickles (optional)

Salt and pepper



CALORIES

620

PROTEIN

36g

DIRECTIONS

1. Warm pulled pork with BBQ sauce.
2. Add rice to bowl as base.
3. Top with pork mixture.
4. Add corn and coleslaw if using.
5. Add pickles for tang.
6. Serve warm.

COTTAGE CHEESE AND CUCUMBER CRUNCH PLATE

INGREDIENTS

Cottage cheese

Cucumber, sliced or diced

Olive oil

Salt and pepper

Chili flakes (optional)

Lemon juice (optional)

Sunflower seeds or nuts (optional)



CALORIES

220 kcal

PROTEIN

20 g

DIRECTIONS

1. Add cottage cheese to a plate or bowl.
2. Top with cucumber slices.
3. Drizzle olive oil and lemon juice.
4. Season with salt, pepper, and chili flakes.
5. Add seeds or nuts for crunch.
6. Serve chilled.

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.