

BUFFALO CHICKEN RICE BOWL

INGREDIENTS

- 2 cups cooked chicken, shredded
- 2–3 tablespoons buffalo sauce
- 1 cup cooked rice
- 1 cup lettuce or shredded cabbage
- 2 tablespoons ranch or blue cheese dressing
- Optional: celery, carrots, avocado

CALORIES

520

PROTEIN

38g

DIRECTIONS

1. Toss chicken with buffalo sauce and warm it.
2. Add rice to a bowl as the base.
3. Layer lettuce and buffalo chicken on top.
4. Drizzle with ranch or blue cheese dressing.
5. Add optional vegetables or avocado. Serve warm.



SMOKED SALMON AND CREAM CHEESE BAGEL

INGREDIENTS

- 1 bagel, sliced and toasted
- 2-3 tablespoons cream cheese
- 4-6 slices smoked salmon
- 1-2 tablespoons capers (optional)
- ¼ cucumber, thinly sliced
- Optional: dill, red onion, lemon juice



CALORIES

390

PROTEIN

22g

DIRECTIONS

1. Toast bagel to desired crispness.
2. Spread cream cheese evenly on both halves.
3. Layer smoked salmon and cucumber.
4. Add capers, dill, or onion if using.
5. Finish with a squeeze of lemon.
6. Serve immediately.

HAM AND GOUDA PINWHEELS

INGREDIENTS

2 large tortillas or wraps

4–6 slices ham

4–6 slices Gouda cheese

2 tablespoons cream cheese
or mustard

Optional: spinach, pickles,
black pepper

CALORIES

230

PROTEIN

14g

DIRECTIONS

1. Spread cream cheese or mustard over tortilla.
2. Layer ham and Gouda evenly.
3. Add optional spinach or pickles.
4. Roll tightly into a log.
5. Slice into pinwheels.
6. Serve chilled or packed as snacks.



ASIAN-INSPIRED

Edamame and Noodle Salad

INGREDIENTS

- 2 cups cooked noodles (rice noodles or soba)
- 1 cup shelled edamame
- 1 cup shredded carrots
- 1 cup cucumber, sliced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar or lime juice
- 1 teaspoon honey or sugar
- Optional: sesame seeds, green onions, chili flakes

CALORIES

350

PROTEIN

15g



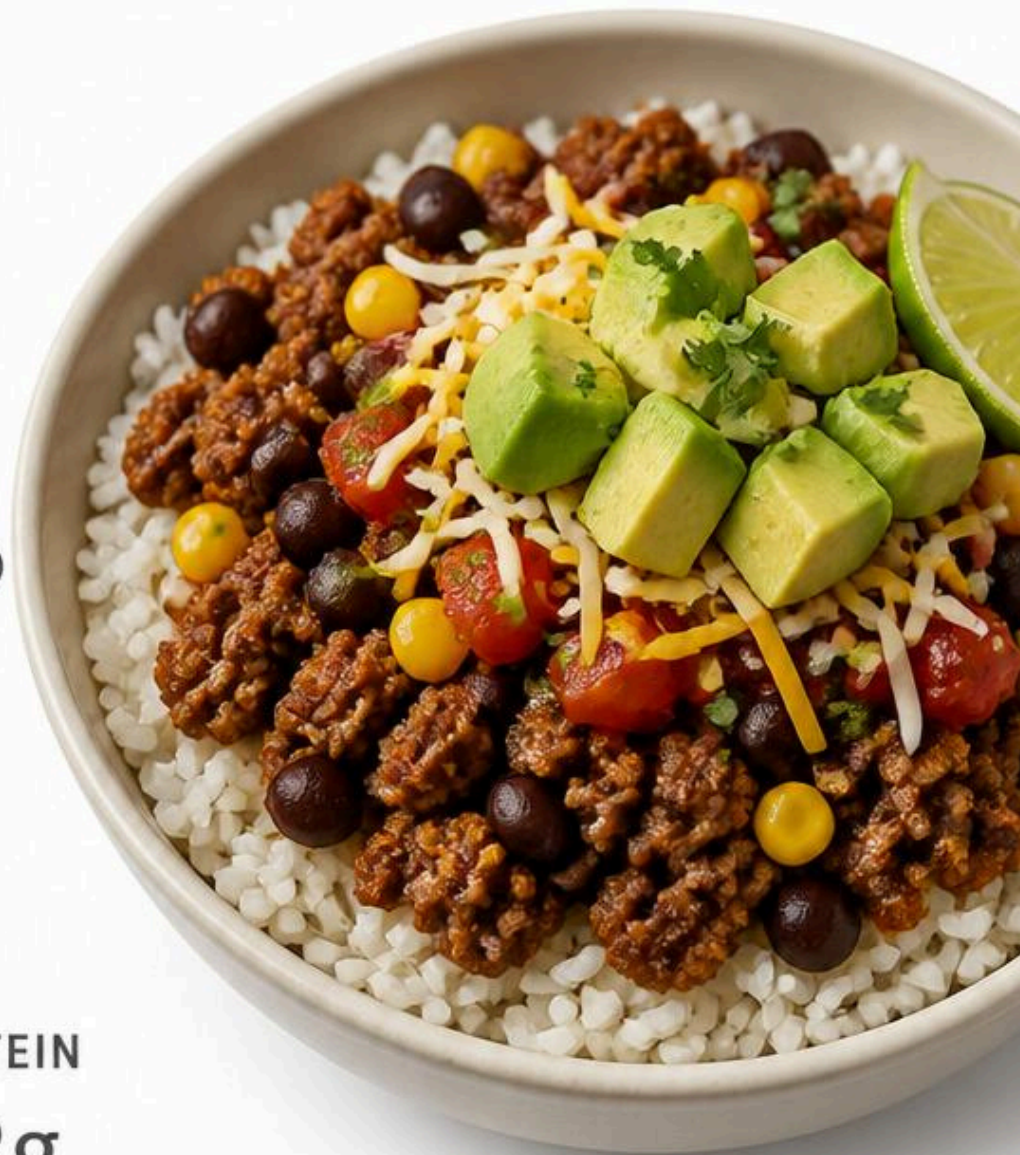
DIRECTIONS

1. Whisk soy sauce, sesame oil, vinegar, and honey into dressing.
2. Toss noodles with edamame and vegetables.
3. Pour dressing over and mix well.
4. Chill or serve at room temperature.
5. Garnish with sesame seeds or green onions.
6. Serve as a light meal or side.

TEX-MEX GROUND BEEF RICE BOWL

INGREDIENTS

- 300–400g ground beef
- 1 cup cooked rice
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon olive oil
- ½ cup black beans (optional)
- ½ cup corn (optional)
- Salt and pepper to taste
- Optional: salsa, avocado, cheese, cilantro, lime



CALORIES

620

PROTEIN

32g

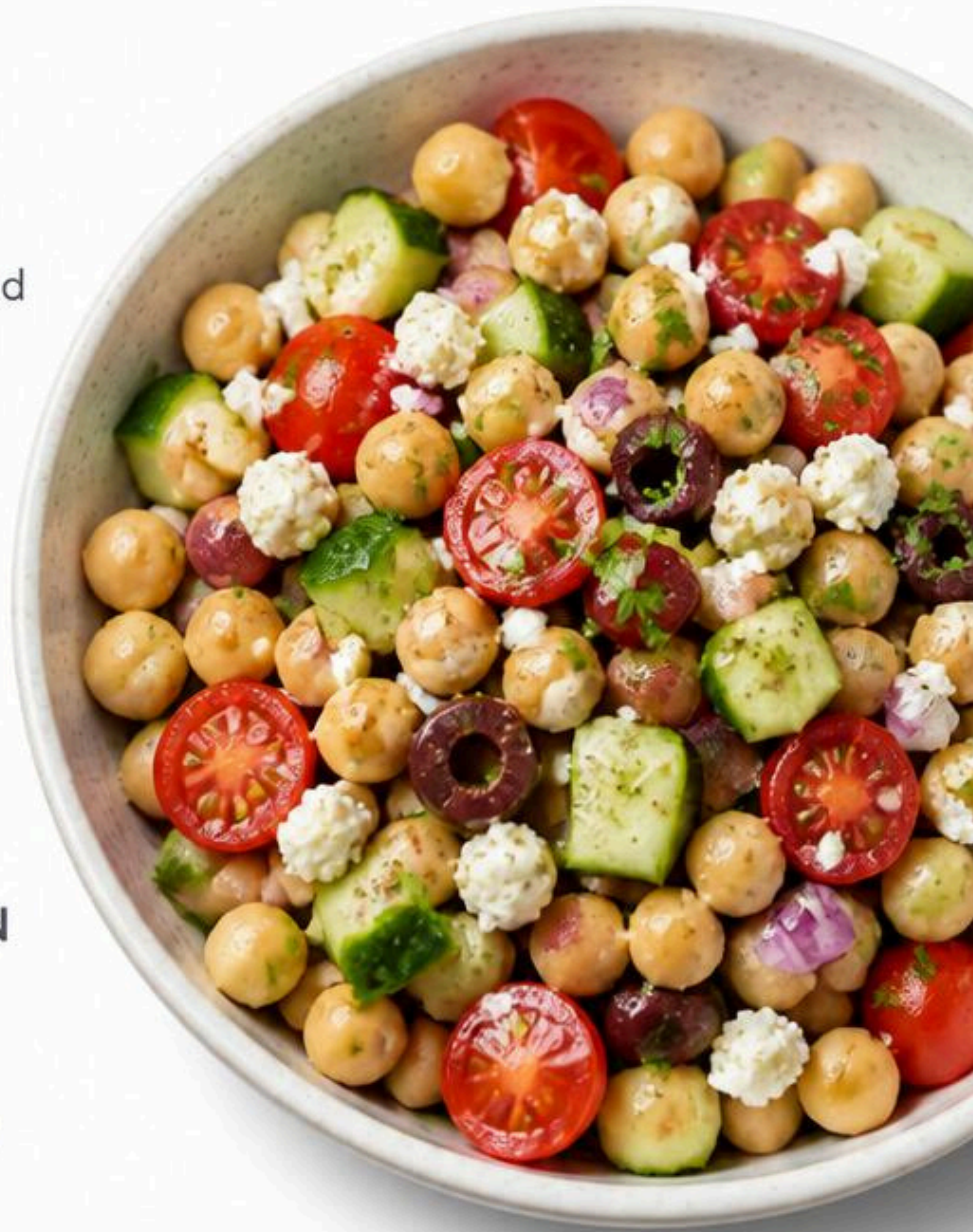
DIRECTIONS

1. Heat oil and brown ground beef.
2. Add cumin, chili powder, salt, and pepper.
3. Stir in beans and corn if using. Cook until heated through and well seasoned.
4. Serve over rice. Top with salsa, avocado, or cheese.

MEDITERRANEAN CHICKPEA SALAD

INGREDIENTS

- 1 can chickpeas, drained
- 1 cup cucumber, diced
- 1 cup cherry tomatoes, halved
- ¼ cup red onion, diced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: feta, olives, parsley, oregano



CALORIES

310

CALORIES

PROTEIN

12g

PROTEIN

DIRECTIONS

- Combine chickpeas, cucumber, tomatoes, and onion.
- Add olive oil, lemon juice, salt, and pepper.
- Toss until evenly coated. Add optional feta or olives.
- Chill for best flavor. Serve as a salad or side dish.

CHICKEN TENDER AND HONEY MUSTARD BOX

INGREDIENTS

4–6 chicken tenders (grilled or crispy)

2 tablespoons honey

2 tablespoons Dijon mustard

1 cup fresh veggies
(carrots, celery, cucumber)

Optional: fries, pickles, lettuce



560
CALORIES

36g
PROTEIN

DIRECTIONS

1. Mix honey and Dijon mustard into dipping sauce.
2. Cook or warm chicken tenders.
3. Pack chicken in a box with veggies and sides.
4. Add dipping sauce on the side.
5. Serve warm or chilled.
6. Enjoy as a portable meal box.

COLD SESAME BEEF AND SOBA NOODLES

INGREDIENTS

2 cups cooked soba noodles (chilled)

300g beef, thinly sliced

1 tablespoon sesame oil

2 tablespoons soy sauce

1 tablespoon rice vinegar

1 teaspoon honey

1 teaspoon grated ginger

Optional: cucumber, carrots,
sesame seeds, green onions



CALORIES

520 kcal

PROTEIN

32g

DIRECTIONS

1. Cook beef in a skillet and let cool slightly.
2. Whisk sesame oil, soy sauce, vinegar, honey, and ginger.
3. Toss soba noodles with dressing.
4. Add beef and vegetables.
5. Mix well and chill if desired.
6. Top with sesame seeds before serving.

GREEK YOGURT AND GRANOLA PARFAIT

INGREDIENTS

- 1 cup Greek yogurt
- ½–1 cup granola
- 1 cup mixed berries or fruit (strawberries, blueberries, banana, etc.)
- Optional: honey, chia seeds, cinnamon, nuts

CALORIES

320

PROTEIN

19g



DIRECTIONS

1. Add a layer of Greek yogurt to a glass or bowl.
2. Add a layer of fruit.
3. Add a layer of granola.
4. Repeat layers if desired.
5. Drizzle with honey for sweetness.
6. Serve immediately for best crunch.

PESTO CAPRESE SANDWICH ON FOCACCIA

INGREDIENTS

- 1 focaccia roll or slice
- 2–3 tablespoons basil pesto
- 1–2 tomatoes, sliced
- Fresh mozzarella slices
- Fresh basil leaves
- Olive oil drizzle
- Salt and pepper to taste
- Optional: balsamic glaze

CALORIES

450

PROTEIN

18g



DIRECTIONS

1. Slice focaccia and lightly toast if desired.
2. Spread pesto on bread.
3. Layer mozzarella, tomatoes, and basil.
4. Drizzle olive oil and season.
5. Add balsamic glaze if using.
6. Close sandwich and serve fresh.

TURKEY AND PROVOLONE PINWHEELS

INGREDIENTS

2 large tortillas or wraps

4–6 slices turkey

4–6 slices provolone cheese

2 tablespoons cream cheese
or mustard

Optional: spinach, roasted
red peppers, pickles

CALORIES

210

PROTEIN

14g

DIRECTIONS

Spread cream cheese or mustard over tortilla.

Layer turkey and provolone evenly.

Add optional veggies if desired.

Roll tightly into a log.

Slice into pinwheels.

Serve chilled or packed.



VEGAN LENTIL AND VEGETABLE SOUP

INGREDIENTS

- 1 cup lentils, rinsed
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 6 cups vegetable broth
- 1 teaspoon thyme
- 1 teaspoon cumin (optional)
- Salt and pepper to taste
- Optional: spinach, parsley, lemon juice



CALORIES

260

PROTEIN

13G

DIRECTIONS

1. Sauté onion, garlic, carrots, and celery in a pot until softened.
2. Add lentils, tomatoes, broth, and spices.
3. Bring to a boil, then simmer 30–40 minutes.
4. Stir occasionally until lentils are tender.
5. Adjust seasoning to taste.
6. Add spinach or lemon juice before serving.

ROAST TURKEY AND CRANBERRY CIABATTA

INGREDIENTS

1 ciabatta roll or sandwich bread

4–6 slices roast turkey

2 tablespoons cranberry sauce

1–2 slices cheese (Swiss or provolone, optional)

1 cup lettuce or spinach

Optional: mayo, mustard, black pepper



CALORIES

460

PROTEIN

32g

DIRECTIONS

1. Slice ciabatta and lightly toast if desired.
2. Spread cranberry sauce on one side.
3. Layer turkey, cheese, and greens.
4. Add optional mayo or mustard.
5. Close sandwich and press gently.
6. Serve fresh or warmed.

HONEY MUSTARD CHICKEN WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 2 cups cooked chicken, sliced
- 1-2 tablespoons honey
- 1-2 tablespoons Dijon mustard
- 1 cup lettuce or spinach
- Optional: bacon, cheese, tomato

CALORIES	PROTEIN
520	36g



DIRECTIONS

1. Mix honey and Dijon mustard into sauce.
2. Toss chicken with honey mustard.
3. Warm tortilla slightly.
4. Add lettuce, chicken, and optional toppings.
5. Roll tightly into wrap.
6. Slice and serve fresh or warm.

BBQ CHICKEN QUINOA BOWL

INGREDIENTS

- 2 cups cooked chicken, shredded
- 1 cup cooked quinoa
- 2–3 tablespoons BBQ sauce
- ½ cup corn
- ½ cup black beans (optional)
- 1 cup lettuce or spinach
- Optional: avocado, cheddar, red onion, lime

CALORIES

560

PROTEIN

42g



DIRECTIONS

1. Warm chicken and toss with BBQ sauce.
2. Prepare quinoa as the base in a bowl.
3. Layer greens, corn, and beans over quinoa.
4. Add BBQ chicken on top.
5. Finish with avocado, cheese, or lime if desired.
Serve warm or chilled.

EGG SALAD AND WATERCRESS SANDWICH

INGREDIENTS

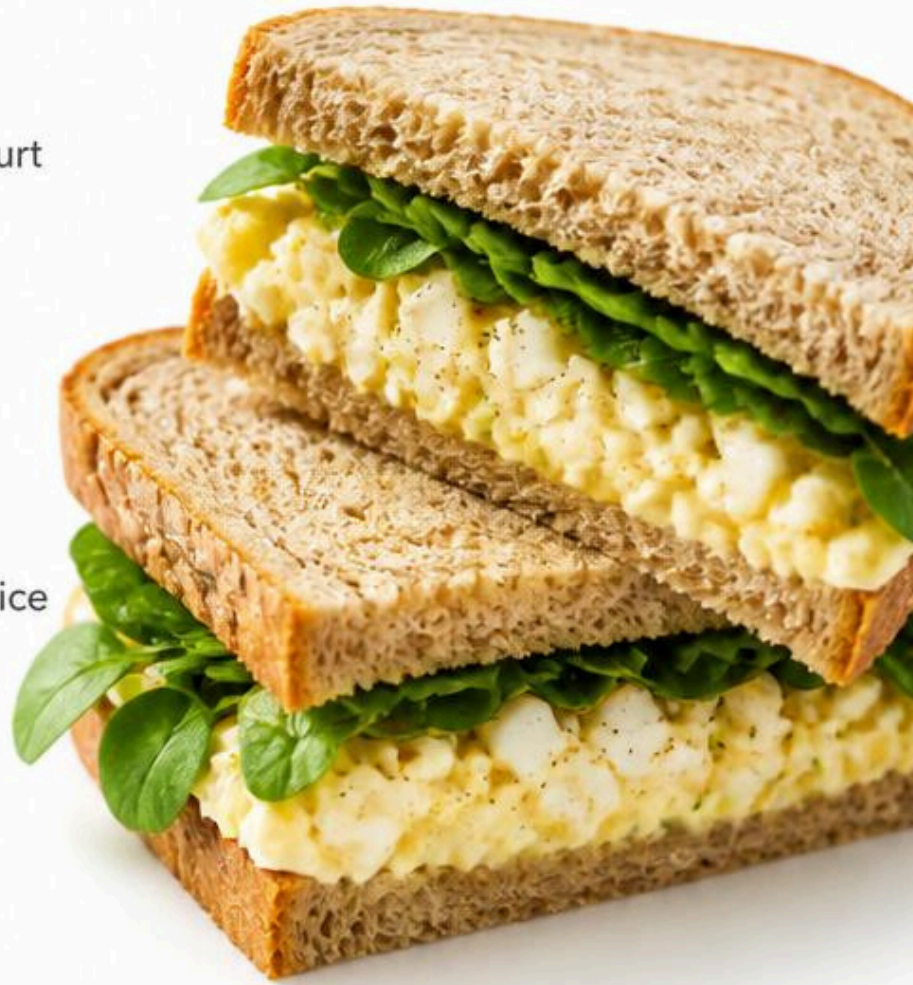
- 3–4 hard-boiled eggs, chopped
- 2 tablespoons mayo or Greek yogurt
- 1 teaspoon mustard (optional)
- Salt and pepper to taste
- 2 slices bread or sandwich bun
- 1 cup watercress
- Optional: paprika, chives, lemon juice

CALORIES

320

PROTEIN

18g



DIRECTIONS

1. Mix eggs, mayo, mustard, salt, and pepper. Stir until creamy but still chunky.
2. Layer egg salad and watercress onto bread.
3. Add optional paprika or chives.
4. Close sandwich and press lightly.
5. Slice and serve chilled.

SWEET POTATO AND GOAT CHEESE SALAD

INGREDIENTS

- 2 medium sweet potatoes, cubed
- 2 cups mixed greens or arugula
- ¼ cup goat cheese, crumbled
- 2 tablespoons olive oil
- 1 teaspoon paprika or cinnamon (optional)
- Salt and pepper to taste
- Optional: walnuts, dried cranberries, balsamic glaze

CALORIES

380

PROTEIN

12g



DIRECTIONS

1. Roast sweet potatoes at 200°C (400°F) for 20–25 minutes until tender.
2. Toss greens with a little olive oil and seasoning.
3. Add roasted sweet potatoes on top.
4. Sprinkle with goat cheese and optional toppings.
5. Drizzle with balsamic glaze if desired.
6. Serve warm or room temperature.

THAI-INSPIRED BEEF SALAD BOX

INGREDIENTS

- 300–400g beef (sliced or ground)
- 1 teaspoon soy sauce
- 1 teaspoon lime juice
- 1 teaspoon fish sauce (optional)
- 1 teaspoon chili flakes or sriracha
- 2 cups lettuce or mixed greens
- 1 cup cucumber, sliced
- 1 cup cherry tomatoes
- Optional: cilantro, mint, red onion, peanuts

CALORIES

420 kcal

PROTEIN

32 g

DIRECTIONS

1. Cook beef in a skillet until browned.
2. Season with soy sauce, lime juice, and chili. Let beef cool slightly.
3. Assemble greens, cucumber, and tomatoes in a box.
4. Top with beef and optional herbs/nuts.
5. Serve fresh or chilled.



BLACK BEAN AND SWEET POTATO BURRITO

INGREDIENTS

- 1 large tortilla
- 1 cup roasted sweet potato cubes
- 1 cup black beans, drained
- ½ teaspoon cumin
- ½ teaspoon chili powder
- 2 tablespoons salsa
- Optional: avocado, cheese, lime juice, rice



CALORIES

420

PROTEIN

16g

DIRECTIONS

Warm sweet potatoes and black beans with spices.

Mash slightly for easier wrapping if desired.

Add mixture to tortilla with salsa.

Add optional toppings like avocado or cheese.

Roll tightly into burrito.

Serve warm.

ITALIAN SUBMARINE BOX

INGREDIENTS

Sliced salami, ham, and/or turkey
Sliced provolone or mozzarella
Lettuce
Tomato slices
Pickles or banana peppers
1–2 tablespoons olive oil
or Italian dressing
Salt and pepper to taste
Optional: oregano, sub roll or bread



CALORIES **430**

PROTEIN **28g**

DIRECTIONS

1. Layer meats and cheese in a container or sandwich roll.
2. Add lettuce, tomato, and pickles.
3. Drizzle with olive oil or Italian dressing.
4. Season with salt, pepper, and oregano.
5. Pack into a box or assemble as a sandwich.
Serve fresh or chilled.

APPLE AND CHEDDAR CHICKEN SANDWICH

INGREDIENTS

- 2 slices bread or sandwich bun
- 2 cups cooked chicken, sliced or shredded
- 2-3 slices cheddar cheese
- ½ apple, thinly sliced
- 1-2 tablespoons mayo or mustard
- Optional: lettuce, honey, black pepper

CALORIES

480

PROTEIN

37g



DIRECTIONS

1. Mix chicken with mayo or mustard if desired.
2. Layer chicken, cheddar, and apple slices on bread.
3. Add optional lettuce or honey drizzle.
4. Close sandwich and press lightly.
5. Slice and serve. Optional: toast for a warm version.

TURKEY BACON AVOCADO CLUB WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 4–6 slices turkey
- 2–3 slices bacon, cooked
- ½ avocado, sliced
- 1 cup lettuce
- 2 slices tomato
- 1–2 tablespoons mayo
- Optional: cheese, mustard, black pepper

CALORIES

430

PROTEIN

28g



DIRECTIONS

1. Spread mayo on tortilla.
2. Layer turkey, bacon, avocado, lettuce, and tomato.
3. Add optional cheese or mustard.
4. Roll tightly into wrap.
5. Slice in half.
6. Serve fresh or lightly toasted.

SWEET CHILI SHRIMP RICE BOX

INGREDIENTS

- 200–300g shrimp, peeled
- 1 cup cooked rice
- 2–3 tablespoons sweet chili sauce
- 1 tablespoon soy sauce
- 1 teaspoon garlic, minced
- 1 teaspoon oil
- Optional: cucumber, carrots, sesame seeds, lime

CALORIES

450–550 kcal

PROTEIN

30–35g

DIRECTIONS

1. Heat oil in a skillet and cook shrimp until pink.
2. Add garlic and sauté briefly.
3. Stir in sweet chili sauce and soy sauce. Cook until shrimp are coated and glazed.
4. Serve over rice in a bowl or meal box. Add optional fresh toppings for crunch.



CAPRESE PASTA SALAD WITH GRILLED CHICKEN

INGREDIENTS

- 2 cups cooked pasta (rotini or penne)
- 2 cups cooked grilled chicken, sliced
- 1 cup cherry tomatoes, halved
- 1 cup fresh mozzarella balls or cubes
- Fresh basil leaves
- 2 tablespoons olive oil
- 1 tablespoon balsamic glaze
- Salt and pepper to taste

CALORIES

520

PER SERVING

PROTEIN

36g

PER SERVING



DIRECTIONS

1. Cook pasta and let cool slightly.
2. Combine pasta, chicken, tomatoes, and mozzarella.
3. Add olive oil, salt, and pepper; toss well.
4. Fold in fresh basil.
5. Drizzle with balsamic glaze before serving.
Serve chilled or room temperature.

BARBECUE PULLED CHICKEN ROLL

INGREDIENTS

- 2 cups cooked shredded chicken
- 2–3 tablespoons BBQ sauce
- 1 large tortilla or wrap
- 1 cup coleslaw mix
- 1 tablespoon mayo or vinegar dressing
- Optional: pickles, cheddar cheese

CALORIES: 460

PROTEIN: 32g

DIRECTIONS

1. Toss chicken with BBQ sauce and warm lightly.
2. Mix coleslaw with dressing.
3. Warm tortilla slightly.
4. Layer chicken and slaw onto wrap.
5. Roll tightly into a wrap.
6. Slice and serve warm or chilled.



SOUTHWEST BLACK BEAN AND CORN SALAD

INGREDIENTS

- 1 can black beans, drained
- 1 cup corn
- 1 cup cherry tomatoes, halved
- ½ red onion, diced
- 1 bell pepper, diced
- 1 teaspoon cumin
- 1 tablespoon lime juice
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: avocado, cilantro, jalapeño



CALORIES: 210

PROTEIN: 7g

DIRECTIONS

- Combine beans, corn, tomatoes, onion, and pepper in a bowl.
- Add cumin, lime juice, olive oil, salt, and pepper.
- Toss until well mixed. Add optional avocado or cilantro.
- Chill for best flavor. Serve as a salad or side dish.

PESTO CHICKEN AND PASTA SALAD

INGREDIENTS

- 2 cups cooked pasta (rotini, penne, etc.)
- 2 cups cooked chicken, diced
- 3 tablespoons basil pesto
- ½ cup cherry tomatoes, halved
- ¼ cup parmesan cheese
- 1 cup spinach or arugula
- Optional: olives, pine nuts, lemon juice



420

CALORIES

32g

PROTEIN

DIRECTIONS

1. Cook pasta and cool slightly.
2. Toss pasta with pesto until evenly coated.
3. Add chicken, tomatoes, and greens.
4. Mix in parmesan and optional add-ins.
5. Chill or serve immediately.
6. Adjust seasoning to taste.

HUMMUS AND FALAFEL MEZZE BOX

INGREDIENTS

- 4–6 falafel pieces
- ½ cup hummus
- 1 cup cucumber slices
- 1 cup cherry tomatoes
- ¼ cup olives
- 2 tablespoons tahini or tzatziki
- Optional: pita bread, feta, pickled onions

CALORIES

520

PROTEIN

22g



DIRECTIONS

1. Arrange hummus in a container or plate.
2. Add falafel and vegetables around it.
3. Include olives and optional toppings.
4. Serve with pita or flatbread.
5. Drizzle tahini or tzatziki on top.
6. Enjoy fresh or chilled.

CLASSIC TURKEY AND SWISS CLUB

INGREDIENTS

- 2 large wraps or tortillas
- 4–6 slices turkey
- 2–3 slices ham (optional)
- 2–3 slices Swiss cheese
- 2–3 slices bacon, cooked
- 1 cup lettuce
- 2 slices tomato
- 1–2 tablespoons mayo
- Optional: mustard, avocado, black pepper

CALORIES

520

kcal

PROTEIN

32

g



DIRECTIONS

1. Spread mayo on tortilla.
2. Layer turkey, ham, Swiss, bacon, lettuce, and tomato.
3. Add optional mustard or avocado.
4. Roll tightly into wrap.
5. Slice in half.
6. Serve fresh or lightly grilled.

ALMOND BUTTER AND BANANA HONEY ROLL

INGREDIENTS

1 large tortilla or wrap

2–3 tablespoons almond butter

1 banana, sliced

1 tablespoon honey

Optional: granola, cinnamon,
chia seeds

CALORIES

320

PROTEIN

9g

DIRECTIONS

1. Spread almond butter evenly over tortilla.
2. Add banana slices on top.
3. Drizzle with honey.
4. Sprinkle optional granola or cinnamon.
5. Roll tightly into la wrap.
6. Slice and serve immediately.



HUMMUS AND VEGGIE PITA POCKETS

INGREDIENTS

2 pita breads

½ cup hummus

1 cup cucumber, sliced

1 cup shredded carrots

1 cup lettuce or spinach

½ bell pepper, sliced

Optional: feta, olives, pickles

330

CALORIES

13g

PROTEIN

DIRECTIONS

1. Warm pita slightly for flexibility.
2. Spread hummus inside each pita pocket.
3. Fill with vegetables and optional toppings.
4. Press gently to pack filling.
5. Slice in half if desired.
6. Serve fresh and crisp.



CHICKEN CAESAR SALAD WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 2 cups cooked chicken, sliced
- ½ cup Caesar dressing
- 2 cups romaine lettuce, chopped
- ¼ cup parmesan cheese
- Optional: croutons, black pepper, lemon juice

CALORIES

520

PROTEIN

36g



DIRECTIONS

1. Toss chicken with Caesar dressing.
2. Add romaine and parmesan; mix lightly.
3. Warm tortilla slightly.
4. Fill wrap with Caesar chicken mixture.
5. Roll tightly and slice.
6. Serve fresh or chilled.

SPICY PEANUT NOODLE BOX WITH CHICKEN

INGREDIENTS

- 2 cups cooked noodles (rice noodles or spaghetti)
- 2 cups cooked chicken, sliced
- 2 tablespoons peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon sriracha (or more to taste)
- 1 teaspoon lime juice
- 1 teaspoon honey or maple syrup
- 1 teaspoon sesame oil (optional)
- Optional: shredded carrots, cucumber, green onions, sesame seeds



CALORIES

540

PROTEIN

38g

DIRECTIONS

1. Whisk peanut butter, soy sauce, sriracha, lime juice, honey, and sesame oil into a sauce.
2. Toss cooked noodles with sauce until coated.
3. Add sliced chicken and mix well.
4. Add optional veggies for crunch.
5. Pack into a box or bowl.
6. Serve cold or room temperature.

CRANBERRY WALNUT CHICKEN SALAD CUPS

INGREDIENTS

- 2 cups cooked chicken, chopped
- 2–3 tablespoons mayo or Greek yogurt
- 2 tablespoons dried cranberries
- 2 tablespoons chopped walnuts
- Salt and pepper to taste
- Optional: celery, lettuce cups, Dijon mustard

CALORIES

290

PROTEIN

26g



DIRECTIONS

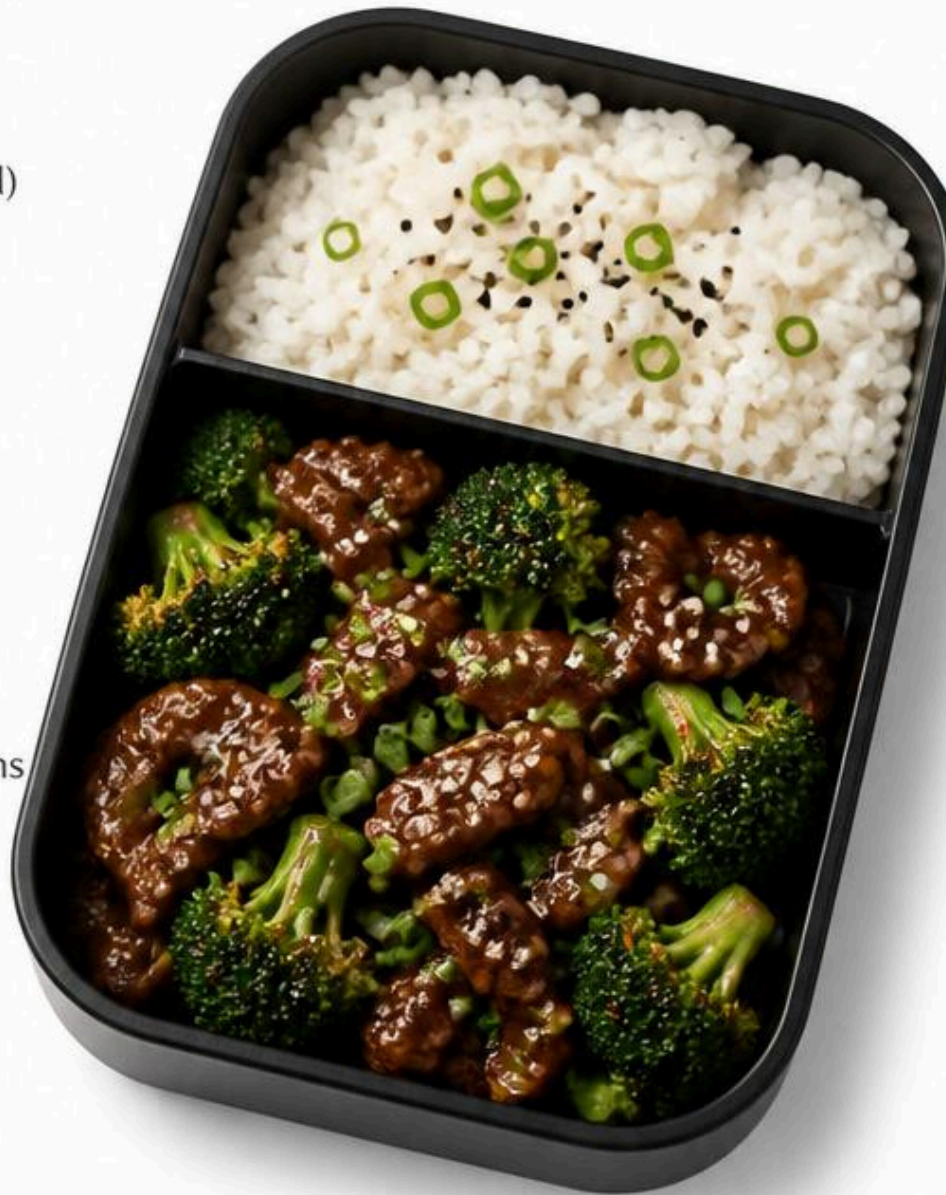
1. Mix chicken, mayo/yogurt, cranberries, walnuts, salt, and pepper. Stir until creamy and well combined.
2. Spoon into small cups or lettuce leaves.
3. Chill until serving.
4. Add optional celery or mustard for extra flavor.
5. Serve as snack or light meal.

BEEF TERIYAKI AND BROCCOLI BENTO

INGREDIENTS

- 300–400g beef (sliced or ground)
- 2 cups broccoli florets
- 1 cup cooked rice
- 2–3 tablespoons teriyaki sauce
- 1 teaspoon soy sauce (optional)
- 1 teaspoon oil
- 1 garlic clove, minced

Optional: sesame seeds, green onions



CALORIES

560

PROTEIN

34g

DIRECTIONS

1. Cook beef in a skillet until browned.
2. Add garlic and broccoli; sauté or steam until tender-crisp.
3. Stir in teriyaki sauce and soy sauce.
4. Simmer until slightly glazed.
5. Pack into a bento box with rice.
6. Top with sesame seeds or green onions.

GREEK SALAD BOX WITH GRILLED CHICKEN

INGREDIENTS

- 2 cups cooked grilled chicken, sliced
- 1 cup cucumber, chopped
- 1 cup cherry tomatoes, halved
- ¼ cup red onion, sliced
- ¼ cup feta cheese
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
or red wine vinegar
- Salt and pepper to taste
- Optional: olives, oregano, pita

CALORIES

430

PROTEIN

36g

DIRECTIONS

1. Combine cucumbers, tomatoes, onion, and chicken in a bowl or container.
2. Drizzle with olive oil and lemon juice.
3. Season with salt, pepper, and oregano.
4. Top with feta and optional olives.
5. Chill or serve immediately.
6. Pair with pita or bread if desired.



QUINOA AND ROASTED VEGETABLE BOWL

INGREDIENTS

- 1 cup cooked quinoa
- 2 cups mixed vegetables (zucchini, bell pepper, onion, carrots)
- 1-2 tablespoons olive oil
- 1 teaspoon Italian seasoning or herbs
- Salt and pepper to taste
- Optional: feta, hummus, lemon juice, chickpeas

CALORIES

520

PROTEIN

18g



DIRECTIONS

1. Roast vegetables at 200°C (400°F) for 20-25 minutes with oil and seasoning.
2. Cook quinoa if not already prepared.
3. Add quinoa to a bowl as the base.
4. Top with roasted vegetables.
5. Add optional toppings like feta or hummus.
6. Finish with lemon juice or herbs.

CURRIED CHICKEN SALAD WRAP

INGREDIENTS

- 2 cups cooked chicken, shredded
- 2–3 tablespoons mayo or Greek yogurt
- 1 teaspoon curry powder
- 1 teaspoon lemon juice
- Salt and pepper to taste
- 2 large tortillas or wraps
- Optional: celery, raisins, almonds, spinach

CALORIES

430

PROTEIN

32g



DIRECTIONS

1. Mix chicken, mayo/yogurt, curry powder, lemon juice, salt, and pepper. Stir until creamy and evenly coated.
2. Warm tortillas slightly for flexibility.
3. Add chicken salad to wrap with optional mix-ins.
4. Roll tightly and slice in half.
5. Serve chilled or fresh.

HARD-BOILED EGG AND CHEESE BISTRO BOX

INGREDIENTS

- 2–3 hard-boiled eggs
- 1–2 slices cheese (cheddar, Swiss, or gouda)
- Crackers or sliced bread
- Grapes or apple slices
- Optional: nuts, hummus, mustard

CALORIES

420

PROTEIN

25g



DIRECTIONS

1. Peel and slice or halve hard-boiled eggs.
2. Arrange eggs, cheese, crackers, and fruit in a container.
3. Add optional nuts or dips.
4. Season eggs lightly with salt and pepper if desired.
5. Keep chilled until serving.
6. Enjoy as a balanced snack box.

LEMON HERB TUNA SALAD BOX

INGREDIENTS

- 1 can tuna, drained
- 2 tablespoons Greek yogurt or mayo
- 1 teaspoon lemon juice
- 1 teaspoon olive oil
- 1 teaspoon dried dill or parsley
- Salt and pepper to taste
- Optional: celery, cucumber slices, crackers, lettuce

CALORIES

320

PROTEIN

28g

DIRECTIONS

1. Mix tuna, yogurt/mayo, lemon juice, olive oil, and herbs.
2. Stir until creamy and well combined.
3. Adjust seasoning with salt and pepper.
4. Pack into a container or lunch box.
5. Serve with veggies or crackers.
6. Chill until ready to eat.



SESAME GINGER TOFU RICE BOWL

INGREDIENTS

- 200g firm tofu, cubed
- 1 cup cooked rice
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- 1 cup broccoli or snap peas
- Optional: sesame seeds, green onions, chili flakes

CALORIES

490

PROTEIN

22g

DIRECTIONS

1. Pan-fry tofu until golden on all sides.
2. Add garlic and ginger; sauté briefly.
3. Stir in soy sauce and sesame oil.
4. Add vegetables and cook until tender-crisp.
5. Serve over rice. Top with sesame seeds or green onions.



ROAST BEEF AND HORSERADISH WRAP

INGREDIENTS

- 2 large tortillas or wraps
- 4–6 slices roast beef
- 1–2 tablespoons horseradish sauce
- 1 cup arugula or lettuce
- 2 slices tomato
- Optional: Swiss cheese, pickles, mustard



CALORIES

390

PROTEIN

28g

DIRECTIONS

1. Spread horseradish sauce on tortilla.
2. Layer roast beef, greens, and tomato.
3. Add optional cheese or pickles.
4. Roll tightly into wrap.
5. Slice and serve fresh.
6. Optional: press lightly for warmth.

ROASTED CHICKPEA AND KALE SALAD

INGREDIENTS

- 1 can chickpeas, drained
- 2 cups kale, chopped
- 1–2 tablespoons olive oil
- 1 teaspoon paprika or cumin
- Salt and pepper to taste
- 1 tablespoon lemon juice
- Optional: parmesan, avocado, nuts, dried cranberries

CALORIES: 340

PROTEIN: 13g

DIRECTIONS

1. Roast chickpeas with olive oil, spices, salt, and pepper until crispy (200°C/400°F, 20–25 min).
2. Massage kale with olive oil and lemon juice until softened.
3. Add roasted chickpeas to kale.
4. Toss and add optional toppings.
5. Serve warm or cold. Store chilled if meal prepping.



CLASSIC MEATBALL SUB BOX

INGREDIENTS

6–8 cooked meatballs

1 cup marinara sauce

1 sub roll or baguette

½–1 cup mozzarella cheese

Optional: parmesan, basil,
oregano, lettuce side

CALORIES

650

PROTEIN

30g

DIRECTIONS

1. Heat meatballs in marinara sauce until warm.
2. Slice sub roll and lightly toast if desired.
3. Add meatballs and sauce into the bread.
4. Top with mozzarella cheese.
5. Melt cheese if preferred (broil or microwave briefly).
6. Pack as a sub box or serve immediately.



SHRIMP AND AVOCADO SALAD CUPS

INGREDIENTS

- 200–300g cooked shrimp, chopped or whole
- 1 ripe avocado, diced
- 1 cup cucumber, diced
- 1 tablespoon lime juice
- 1 tablespoon olive oil or mayo
- Salt and pepper to taste
- Optional: cilantro, red onion, chili flakes, lettuce cups

CALORIES

240

PROTEIN

22g



DIRECTIONS

1. Mix shrimp, avocado, cucumber, and lime juice.
2. Add olive oil or mayo for light binding.
3. Season with salt and pepper.
4. Spoon into small cups or lettuce leaves.
5. Add optional herbs or chili flakes.
6. Chill until serving.

PULLED PORK AND COLESLAW SLIDERS

INGREDIENTS

2 cups pulled pork
2–3 tablespoons BBQ sauce
6 slider buns
2 cups coleslaw mix
2 tablespoons mayo or
vinegar dressing
Optional: pickles, cheddar
cheese, hot sauce



CALORIES

350

PER SERVING

PROTEIN

22g

PER SERVING

DIRECTIONS

1. Warm pulled pork with BBQ sauce.
2. Mix coleslaw with dressing.
3. Toast slider buns lightly if desired.
4. Fill buns with pulled pork and coleslaw.
5. Add optional pickles or cheese.
6. Serve warm and assembled.

QUINOA, BLACK BEAN, AND MANGO SALAD

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup black beans, drained
- 1 ripe mango, diced
- 1 cup cherry tomatoes, halved
- ½ red onion, finely diced
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste
- Optional: cilantro, avocado, jalapeño



CALORIES

360

PER SERVING

PROTEIN

12g

PER SERVING

DIRECTIONS

1. Cook quinoa and let cool slightly.
2. Combine quinoa, black beans, mango, tomatoes, and onion in a bowl.
3. Add olive oil, lime juice, salt, and pepper.
4. Toss until evenly mixed.
5. Add optional cilantro or avocado.
6. Chill or serve immediately.

CHICKEN FAJITA BENTO BOX

INGREDIENTS

- 2 cups cooked chicken, sliced
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon oil
- 1 cup cooked rice or quinoa
- Optional: salsa, avocado, cheese, lime

CALORIES: 520

PROTEIN: 36g

DIRECTIONS

1. Sauté pepper and onion in oil until tender-crisp.
2. Add chicken and spices; heat through.
3. Prepare rice or quinoa as base.
4. Pack chicken fajita mix over grains in a bento box.
5. Add optional toppings like salsa or avocado.
6. Serve warm or cold.



WHITE BEAN AND TUNA SALAD WITH ARUGULA

INGREDIENTS

- 1 can tuna, drained
- 1 can white beans, drained
- 2 cups arugula
- 1–2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: red onion, cherry tomatoes, capers, parsley

CALORIES: 340

PROTEIN: 28g

DIRECTIONS

1. Combine tuna and white beans in a bowl.
2. Add olive oil, lemon juice, salt, and pepper.
3. Toss until well mixed.
4. Fold in arugula and optional vegetables.
5. Adjust seasoning to taste.
6. Serve chilled or room temperature.



MEDITERRANEAN FALAFEL WRAP

INGREDIENTS

- 4–6 falafel balls
- 1 large tortilla or pita wrap
- ½ cup cucumber, diced
- ½ cup tomato, diced
- ¼ cup red onion, sliced
- 2–3 tablespoons hummus
or tahini sauce
- Optional: lettuce, feta, olives

CALORIES **PROTEIN**

420
kcal

18
g

DIRECTIONS

1. Warm falafel if needed.
2. Spread hummus or tahini on wrap.
3. Add falafel and fresh vegetables.
4. Include optional feta or olives.
5. Roll tightly into wrap or fold pita-style.
6. Serve fresh or lightly warmed.

