

THE ART OF COLD MEALS

85+ GRAB-AND-GO NO-
REHEAT RECIPES FOR
EFFORTLESS MEAL PREP,
PACKED LUNCHES, AND
HEALTHY EATING ON THE GO



Regina Bowman

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INTRODUCTION: THE ART OF THE COLD MEAL

Picture this: It's 12:30 PM on a busy Tuesday. You're hungry, you're rushed, and your options are grim. You can either wait in line to use a splattered office microwave to reheat last night's leftovers (which will inevitably turn mushy and sad), spend \$15 on a mediocre deli sandwich, or skip lunch entirely.

If you travel for work, rely on a cooler in your truck, or find yourself navigating rolling power outages, the challenge is even greater. How do you eat nourishing, satisfying food when you don't have access to a kitchen?

Welcome to the art of the cold meal.

For too long, "cold food" has been synonymous with compromise. We think of limp salads, soggy bread, or congealed pasta—food that is supposed to be hot but has suffered the indignity of a refrigerator. But what if we flipped the script? What if a meal didn't need to be heated to be a masterpiece?

This book is about shifting your paradigm. We are going to build meals that are designed to be eaten cold or at room temperature. We're talking about vibrant jars of crisp vegetables, grains, and tangy dressings. We are talking about protein-packed wraps that hold their crunch, and savory bowls that actually taste better after marinating in the fridge for two days.

This is the ultimate "grab-and-go" system. It requires zero reheating, zero waiting, and zero sad desk lunches. But beyond the incredible convenience and the money you'll save, there is a fascinating physiological reason to embrace the cold meal. It turns out, stepping away from the microwave might just be the secret to unlocking your best afternoon energy.

The Science of Cold Digestion: Why No-Reheat Meals Prevent the Afternoon Slump

We all know the dreaded 3:00 PM slump. You're sitting at your desk or driving in your car, and suddenly a wave of lethargy hits you. Your brain fogs over, your eyelids feel heavy, and you desperately reach for a coffee or a sugary snack to jolt yourself back to life.

Most people blame this on simply being tired, but as a nutritionist, I can tell you that the afternoon slump is almost always a blood sugar crash. When you eat a typical hot lunch heavy in fast-digesting carbohydrates (like a warm bowl of pasta, hot rice, or a heated panini), your body rapidly breaks those carbs down into glucose. Your blood sugar spikes, your pancreas pumps out a massive dose of insulin to handle it, and shortly after... your blood sugar plummets. Crash. This is where the magic of the cold meal comes in.

When you build meals that are cooked and then deliberately cooled, you trigger a fascinating chemical reaction called the formation of *Resistant Starch*.

Here is how this nutritional biohack works:

Transformation	When you cook starchy foods—like potatoes, rice, quinoa, or pasta—the starches absorb water and swell. But when you cool those foods down in the refrigerator, the starch molecules physically reorganize themselves. They pack tightly together and crystallize.
Resistance	True to its name, this newly formed "resistant starch" literally resists digestion in your stomach and small intestine. Instead of breaking down quickly into sugar and rushing into your bloodstream, it moves slowly.
Result	Because it bypasses quick digestion, the glycemic index of your meal drops significantly. A cold potato salad or a chilled quinoa bowl will not spike your blood sugar the way a steaming baked potato or hot rice will. You get a slow, steady, sustained release of energy. No spike, no crash, no afternoon slump.

But the benefits of cold digestion don't stop at your energy levels. Resistant starch is a gut-health superstar. Because it isn't digested in the small intestine, it travels all the way to your colon intact, where it acts as a premium prebiotic. It ferments and feeds your good gut bacteria (your microbiome). In return, these happy bacteria produce short-chain fatty acids, like butyrate, which reduce inflammation, strengthen your gut lining, and improve your immune system.

Finally, there is a slight metabolic bonus to eating cold food: the Thermic Effect. When you eat food straight from the cooler or fridge, your body has to expend a tiny bit of extra energy to gently warm that food up to your internal body temperature (98.6°F / 37°C) for digestion. While it won't magically melt away pounds, it's a beautifully efficient process.

By embracing the recipes and systems in this book, you aren't just making your mornings easier and your lunches more convenient. You are actively utilizing food science to stabilize your blood sugar, feed your microbiome, and guarantee that you feel just as sharp and energized at 3:00 PM as you did at 8:00 AM.

Let's pack our bags.

THE "GRAB-AND-GO" TOOLKIT: ESSENTIAL GEAR FOR A NO-REHEAT LIFESTYLE

Before we dive into the recipes, we need to talk about hardware. A beautiful, carefully constructed cold meal is only as good as the container that carries it.

If you have ever opened your bag to find that a flimsy plastic lid popped off, leaking vinaigrette all over your laptop, you already know why this matters. Upgrading your food-storage game is the single best investment you can make for your daily nutrition. You do not need a kitchen full of expensive gadgets, but you do need a reliable "Grab-and-Go Toolkit."

Here is what you need to build your portable, no-reheat arsenal:



The Mason Jar (Wide-Mouth): The undisputed king of the cold salad. Glass jars are completely leak-proof, they don't absorb odors (unlike plastic), and their vertical shape is the secret to keeping ingredients from getting soggy. Always opt for the "wide-mouth" variety—usually 24 oz or 32 oz (700ml–1L)—so you can easily eat straight out of them or dump the contents into a bowl without making a mess.

The Compartment "Bento" Box: For meals like wraps, protein boxes, and "snack-style" lunches, you want a container with built-in dividers. This keeps wet ingredients (like a hummus dip) away from dry ingredients (like crackers or collagen wraps). Stainless steel bento boxes are durable and naturally retain cold temperatures better than plastic.



The Insulated Lunch Bag: Forget the brown paper bag. Modern insulated bags use reflective foil lining and high-density foam to trap cold air inside. Look for one that is tall enough to fit a Mason jar upright and wide enough to lay a bento box flat.



Slim Ice Packs: Bulky ice blocks are a thing of the past. Invest in a few slim, flexible gel packs that slide effortlessly into the sides or bottom of your lunch bag without taking up valuable food space.

The Commuter's Hack: If you don't want to buy ice packs, simply fill your reusable water bottle halfway, freeze it overnight, and top it off with water in the morning. Place it right next to your lunch container in your bag. It acts as an ice pack all morning, and by lunchtime, you have ice-cold water to drink with your meal.



THE COLD MEAL PREP MASTERCLASS (SYSTEMS, NOT PLANS)

If you have ever tried to "meal prep" by cooking a massive batch of chicken, broccoli, and rice on a Sunday, only to stare at it in absolute misery by Wednesday, you are not alone.

Traditional meal prep often fails because it relies on rigid plans. Plans are fragile. If you don't have the exact ingredients, the plan breaks. If you wake up on Thursday and simply cannot stomach the idea of eating the same chicken and rice for the fourth day in a row, the plan breaks.

To master the grab-and-go lifestyle, you don't need a meal plan. You need a system.

A system is flexible. It allows you to use whatever is fresh in your fridge, pivot based on your cravings, and assemble meals in minutes without overthinking. In this chapter, you are going to learn the two foundational systems of the cold meal: *The Mix-and-Match Matrix* and *The "Soggy-Free" Hierarchy*.

Once you understand these two concepts, you will never look at a lunchbox the same way again.



THE MIX-AND-MATCH MATRIX: 1,000+ COMBINATIONS

Every satisfying, blood-sugar-balancing cold meal is built on a simple, five-part mathematical equation. You do not need to follow a strict recipe; just pick one or two items from each of the following five categories.

By keeping a few items from these categories in your fridge or pantry, you unlock thousands of unique meal combinations.

1. The Complex Carb (Your Energy Base)

Remember the rule of *Resistant Starch*: these carbs become metabolic superpowers once cooled.

Examples: Quinoa, farro, brown rice, cold soba noodles, roasted sweet potato cubes, or whole-wheat pasta.

The Goal: A half-cup to a cup per meal to provide slow-burning energy.



2. The Cold Protein (Your Satiety Anchor)

Protein is what keeps you full and focused during a long meeting or a stressful commute. Cold protein needs to be moist and well-seasoned to taste good.

Examples: Shredded rotisserie chicken, hard-boiled eggs, edamame, chickpeas, baked tofu, canned wild tuna or salmon, or sliced turkey breast.

The Goal: 20 to 30 grams of protein per container.

3. The Buffer Veggies (Your Crunch Factor)

A cold meal without crunch is just mush. You need dense, water-rich vegetables that can withstand three days in the fridge without losing their snap.

Examples: Cherry tomatoes, diced cucumbers, shredded carrots, bell pepper strips, purple cabbage, or radishes.

The Goal: Pack as many of these in as will fit. They provide volume, hydration, and fiber.



4. The Healthy Fats (Your Brain Fuel)

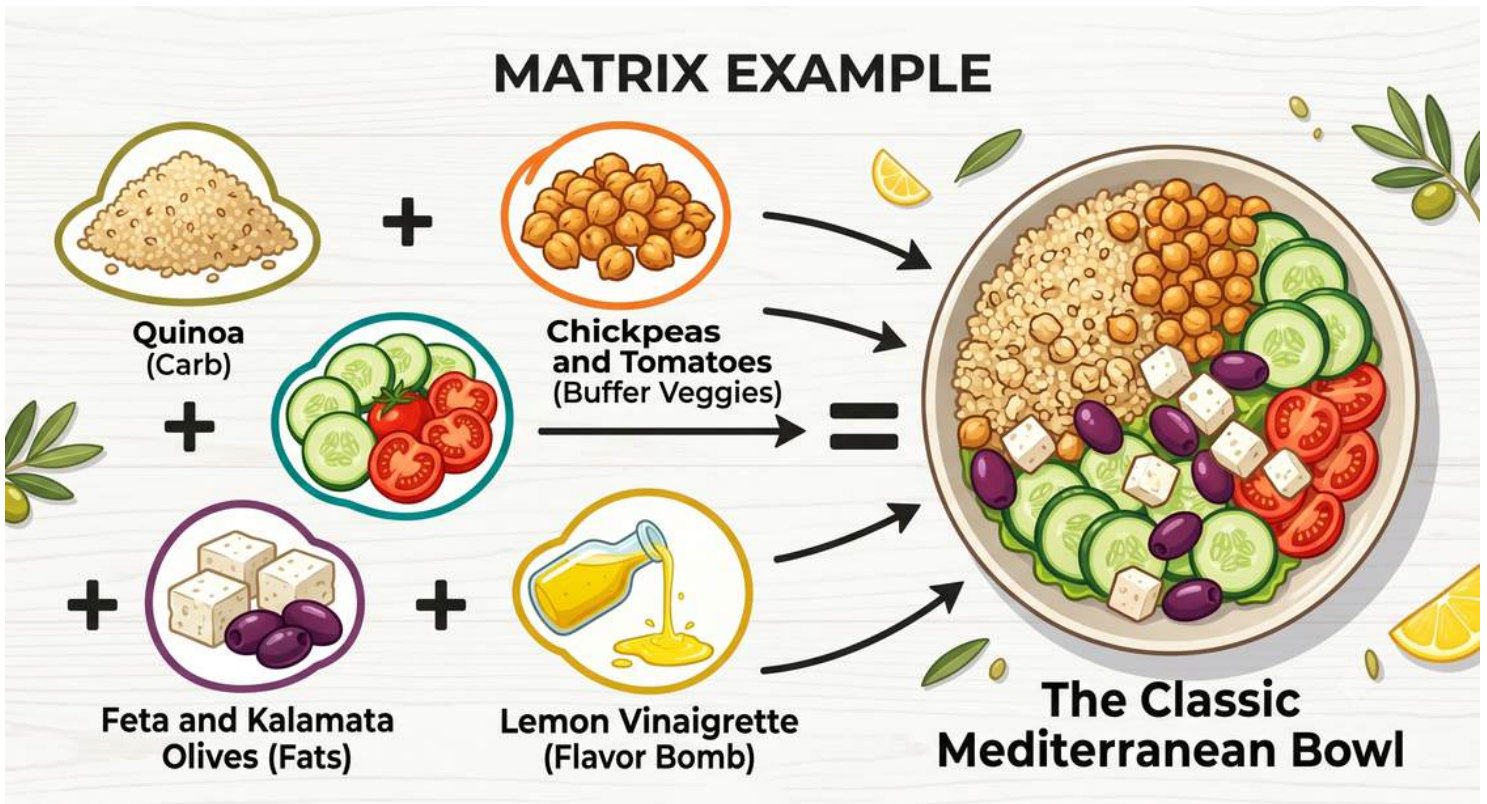
Fats carry flavor. Because cold food naturally suppresses some aromatic flavors, adding healthy fats ensures your meal tastes rich and satisfying.

Examples: Sliced almonds, pumpkin seeds (pepitas), walnuts, feta or goat cheese crumbles, olives, or a quarter of an avocado (tossed in lemon juice to prevent browning).

5. The Flavor Bomb (Your Sauce/Dressing)

This is what ties the matrix together. The secret to a great cold dressing is to use a fat that doesn't solidify in the fridge (like olive oil, tahini, or peanut butter).

Examples: Lemon-tahini dressing, spicy peanut sauce, balsamic vinaigrette, or a simple squeeze of fresh lime juice and olive oil.



THE "SOGGY-FREE" HIERARCHY: THE 4-LAYER RULE

Now that you have your ingredients, how do you put them in a container so they actually survive until lunchtime?

Whether you are packing a wide-mouth Mason jar or a deep Tupperware container, you must think like an engineer. Gravity and moisture are the enemies of meal prep. If delicate greens come into contact with the dressing on Sunday, they will be a slimy, inedible mess by Monday.

To prevent this, you must build your meals using **The 4-Layer Rule**.

Layer 1: The Foundation (The Wet Zone)

The liquid goes at the absolute bottom. It stays trapped down there, completely separated from the rest of the meal until you are ready to shake it up or pour it out.

Layer 2: The Buffer Zone (The Marinators)

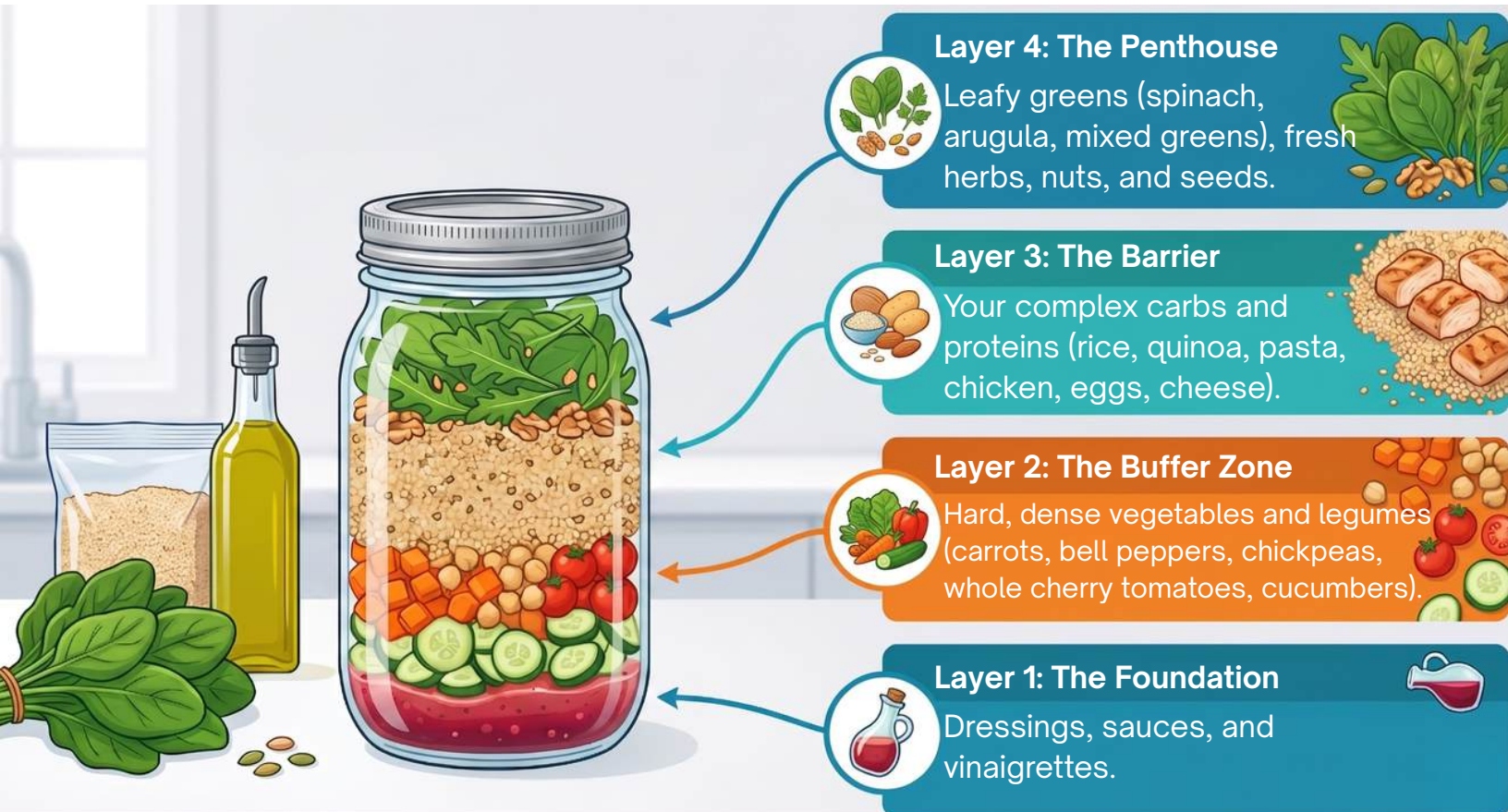
These ingredients are sturdy. They can sit directly in or just above the dressing for days without breaking down. In fact, sitting in the vinaigrette slightly marinates them, making them taste better on day three than on day one.

Layer 3: The Barrier (The Heavyweights)

This dense, heavy layer acts as a physical ceiling. It completely blocks moisture from the dressing and the buffer veggies from rising to the top layer.

Layer 4: The Penthouse (The Delicates)

Because they rest on the dry barrier layer, your delicate greens and crunchy nuts remain completely untouched by moisture. When you open your container three days later, the spinach will be as crisp as the moment you bought it.



When it is time to eat, you simply shake the jar vigorously or dump the contents into a bowl. The dressing falls from the bottom, perfectly coating the crisp greens and proteins just as they're consumed.

Genius, simple, and entirely soggy-free.

THE 4 THEMATIC SHOPPING LISTS: BUILD YOUR MATRIX

Walking into a grocery store without a plan is a recipe for wilted greens, wasted money, and lunchtime boredom. To make the Mix-and-Match Matrix work effortlessly, you need to stock your kitchen with a cohesive flavor profile.

If you buy ingredients that naturally taste good together, you can literally toss them into a jar blindfolded and still end up with a gourmet lunch. Here are four thematic shopping lists. Pick one per week, buy the staples, and watch how easily your grab-and-go meals come together.

1. The Mediterranean Market

This list relies on bright, acidic flavors, heart-healthy fats, and robust herbs that actually taste better the longer they marinate in the fridge.

The Matrix Staples to Buy: Quinoa, chickpeas, cucumbers, cherry tomatoes, Kalamata olives, feta cheese, fresh parsley, and lemons.

What You Will Build This Week:



Mediterranean Quinoa Jar with Feta & Crispy Chickpeas: A beautifully layered jar that stays crisp for up to 4 days.



Greek Chicken Souvlaki Skewers with Tzatziki: Pack the skewers on one side of your bento box and the tzatziki in a separate jar to prevent the pita from getting soggy.



Cold Moroccan Spiced Lamb & Hummus Wraps: Utilizing fresh spinach and pomegranate seeds for an incredible crunch.

2. The Asian Pantry

Cold Asian-inspired dishes are the ultimate cure for the afternoon slump. They are light, deeply savory, and rely on ingredients like sesame and ginger that naturally preserve freshness.

The Matrix Staples to Buy: Soba noodles or brown rice, edamame, red cabbage, cucumber, soy sauce (or tamari), sesame oil, and peanut butter.

What You Will Build This Week:



Teriyaki Salmon Cold Soba Bowl with Snap Peas: A high-protein bowl featuring chilled buckwheat noodles and sugar snap peas.



Cold Thai-Style Peanut Beef Wraps with Fresh Mint: A whole wheat wrap packed with lean steak, shredded carrots, and a savory peanut sauce.



Deconstructed California Roll Sushi Bowl: A brilliant way to enjoy sushi flavors without the rolling, utilizing cooked brown rice, shredded crab meat, and crushed nori.

3. The High-Protein Powerhouse

If you are hitting the gym before work or have a physically demanding job, this list ensures you hit your macro goals without ever touching a microwave.

The Matrix Staples to Buy: Chicken breast, deli turkey, eggs, Greek yogurt, black beans, and sturdy greens like romaine or arugula.

What You Will Build This Week:



High-Protein Greek Chicken & Olive Jar: Packing a massive 32g of protein per serving with diced chicken and feta.



Smoked Turkey & Green Apple Sourdough Sandwich: A classic reimagined with Dijon mustard, honey, and cheddar cheese, wrapped tightly in parchment.



BBQ Chicken & Ranch Salad Jars with Crisp Jicama: A savory, satisfying jar layered with corn, cherry tomatoes, and shredded chicken.

4. The Plant-Powered Basket

Plant-based meals are the undisputed champions of the cold lunchbox. Without meat or dairy, the food safety window extends significantly, and the ingredients retain their snap all week long.

The Matrix Staples to Buy: Lentils, canned chickpeas, bell peppers, tahini, sweet potatoes, and mixed seeds (like pepitas or walnuts).

What You Will Build This Week:



Rainbow Hummus & Crunchy Veggie Collard Wraps: A nutrient-dense, low-carb option using collard green leaves packed with julienned carrots and purple cabbage.



Lentil & Roasted Red Pepper Mason Jar Salad: Utilizing a creamy lemon-tahini dressing that stays perfectly emulsified at the bottom of the jar.



Smashed Chickpea & Celery No-Mayo Salad: A brilliant, fiber-rich alternative to tuna salad, flavored with fresh dill and Dijon mustard.

THE 15-MINUTE SUNDAY PREP: 5 STAPLES FOR A SEAMLESS WEEK

Let's be honest: you are too busy to spend your entire Sunday afternoon cooking identical portions of chicken and broccoli. Traditional meal prep fails because it is exhausting and rigid.

We are going to do things differently. You don't need to cook all your meals on Sunday; you only need to prep flavor boosters and foundational bases. By spending just 15 minutes of active work in your kitchen, you can prepare 5 specific staples straight from the recipes in this book. With these in your fridge, you can assemble a gourmet, grab-and-go meal on a Tuesday morning in less than 3 minutes.

Here is your 15-minute high-impact prep list:

1. The Complex Carb Base (Active time: 2 minutes)

Choose one complex carbohydrate for the week—like quinoa or brown rice—which features heavily in our bowls and jars.

The Strategy: Bring a pot of water to a boil, dump in your grain, set a timer, and walk away. Once cooked, spread it out to cool completely.

The Science: Remember our lesson on Resistant Starch! By cooking this grain and letting it cool completely, you are lowering its glycemic index. You now have a scoopable base for your Deconstructed California Roll Sushi Bowl or Mediterranean Quinoa Jar.

2. The "Zero-Cook" Protein (Active time: 3 minutes)

You need a protein source that is ready to eat straight from the fridge, with no reheating required.

The Strategy: Shred a pre-cooked chicken breast, or simply open two cans of chickpeas (or cannellini beans). The secret to perfect meal-prep beans is to thoroughly rinse and drain them, then let them dry slightly to avoid a watery salad.

The Result: You now have high-quality, cold-ready proteins ready to be tossed into the Low-Carb Vietnamese Chicken Banh Mi Salad Bowl or the Mediterranean White Bean & Rosemary Tuna Salad.

3. The 5-Minute Master Dressing (Active time: 5 minutes)

Bottled dressings are full of preservatives and refined oils. Your book contains incredible, fast dressings that will elevate any basic green leaf into a masterpiece.

The Strategy: Choose one dressing for the week. You can whisk together the Creamy Greek Yogurt Ranch Dressing (which lasts 4-5 days) or shake up the Tangy Apple Cider & Honey Tonic Dressing (which lasts 14 days).

The Pro-Tip: Keep the dressing slightly thick so it doesn't water down the ingredients in your meal prep jars.

4. The "Soggy-Proof" Crunch Factor (Active time: 4 minutes)

A cold meal without crunch is just mush. Instead of relying on soggy croutons, we use seeds and nuts.

The Strategy: Make a batch of the Everything Bagel Savory Seed & Nut Mix. Simply toast almonds, pumpkin seeds, and sesame seeds in a dry skillet for 3-4 minutes, then toss with poppy seeds, dried garlic, and olive oil.

The Result: This savory mix lasts up to 14 days in the fridge and can be sprinkled on top of any jar or bowl right before eating to preserve its crunchy texture.

5. The Gourmet Acidic Pop (Active time: 5 minutes)

Acid cuts through richness, making cold food taste vibrant and restaurant-quality.

The Strategy: Prepare a jar of Tangy Quick-Pickled Red Onions. Thinly slice a red onion and pour a heated mixture of apple cider vinegar, water, maple syrup, and sea salt over it.

The Result: They last up to 14 days in the fridge. For grab-and-go lunches, portion the onions into a separate leak-proof condiment container to prevent excess moisture from softening your wraps or sandwiches.

The Magic of the Micro-Prep: While the grains are boiling, you are shaking your dressing, toasting your seed mix, and pickling your onions. Your total time standing in the kitchen is about 15 minutes. On Monday morning, you don't cook—you simply assemble.



TRANSITIONING TO THE RECIPES: YOUR GRAB-AND-GO PLAYBOOK

You now understand the science of resistant starch and the anatomy of a blood-sugar-balancing lunch. You know why the dressing must go at the absolute bottom of the jar, and you have your 15-minute prep staples—like those vibrant Quick-Pickled Red Onions or the Everything Bagel Savory Seed Mix—ready and waiting in your fridge. The theory is locked in. Now, it is time to play.

As you move into the recipe chapters, I want you to remember one crucial rule: these recipes are blueprints, not contracts.

Traditional cookbooks demand perfection and precise grocery runs. The grab-and-go lifestyle demands flexibility. If a recipe calls for pearl couscous but you only prepped quinoa, make the swap. If you see the Smashed Chickpea & Celery Salad but you are craving animal protein, simply swap the beans for shredded chicken. If you are out of sweet potatoes for a power bowl, use roasted butternut squash instead.

The Mix-and-Match Matrix is designed to work with what you have, reducing both food waste and your mental load.

Here is how the rest of our journey is organized:

Breakfasts on the Move: We will start your day with cold, energy-stabilizing breakfasts designed to prevent the mid-morning crash.

Engineered Salads: We will build deeply satisfying jar salads that utilize the 4-Layer Rule to stay crisp and fresh for up to four days in the fridge.

Wraps and Sandwiches: We will roll up deli-style wraps and baguettes that refuse to get soggy, using smart moisture barriers like cream cheese or dry paper towels.

Substantial Bowls: We will assemble hearty, satisfying cold dishes like the Hawaiian Huli Huli Chicken Bowl and the Chilled Japanese Scallion Udon.

Smart Snacks & Dips: We will finish with high-focus dips and bites, like the Spicy Sriracha Greek Yogurt Power Dip, to conquer your afternoon cravings.

Every recipe you are about to see is specifically engineered to be eaten cold or at room temperature. Because cold temperatures naturally suppress aromatics, these recipes strategically rely on bright acids (like lemon and apple cider vinegar), crunchy seeds, and savory fats to deliver restaurant-quality flavor without ever seeing the inside of a microwave.

Grab your jars, pack your insulated bag, and let's start building.

HAND-HELD MASTERY (WRAPS, ROLLS & SANDWICHES)



Curried Coronation Chicken Salad Sandwiches



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 385 kcal | Fat 11g | Cholesterol 65mg |
Sodium 410mg | Carbohydrates 40g | Fiber 7g |
Sugars 14g | Protein 32g

INGREDIENTS

1 1/2 cups (200g) cooked, shredded chicken breast
1/3 cup (80g) plain Greek yogurt
1 tbsp (7g) curry powder
1 tbsp (20g) mango chutney
2 tbsp (20g) golden raisins (sultanas)
2 tbsp (15g) sliced almonds, toasted
4 slices (120g) whole grain bread
1 cup (30g) baby spinach
Salt and black pepper, to taste

DIRECTIONS

1. In a bowl, whisk together yogurt, curry powder, mango chutney, salt, and pepper until smooth.
2. Add chicken, raisins, and almonds. Mix gently until evenly coated.
3. Layer spinach onto two slices of bread, top with chicken salad, and close with the remaining slices.
4. For storage, keep filling separate and assemble just before serving to prevent sogginess.



Use mashed chickpeas or diced tofu for a vegetarian option.
Swap Greek yogurt with a dairy-free alternative if needed.
Replace raisins with chopped dried apricots or cranberries.
Swap almonds with sunflower seeds for a nut-free version.



Rainbow Hummus & Crunchy Veggie Collard Wraps



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 245 kcal | Fat 12g | Cholesterol 0mg |
Sodium 320mg | Carbohydrates 28g | Fiber 10g |
Sugars 5g | Protein 8g

INGREDIENTS

4 large collard green leaves, washed and dried
1/2 cup (120g) hummus
1 medium (120g) red bell pepper, thinly sliced
1/2 cup (55g) carrots, julienned
1/2 cup (45g) purple cabbage, shredded
1/2 cup (65g) cucumber, julienned
1/4 cup (15g) fresh cilantro, chopped

DIRECTIONS

1. Place the collard leaves flat on a cutting board, vein side up. Trim or shave down the thick center stem to make the leaves more flexible and easier to roll.
2. Spread the hummus evenly across each leaf, leaving a small border around the edges.
3. Arrange the bell pepper, carrots, cabbage, cucumber, and cilantro in a horizontal layer across the center.
4. Fold in the sides, then roll tightly from the base upward to form a wrap.
5. Slice in half if desired. Store seam-side down in an airtight container lined with a paper towel to maintain freshness and crunch.

Classic Creamy Hummus

SERVINGS: 4

PREP TIME: 10 MIN

INGREDIENTS

1 can (15 oz / 425g) chickpeas, rinsed and drained
1/4 cup (60g) tahini
2 tbsp (30ml) lemon juice
1 clove garlic
2 tbsp (30ml) olive oil
2–4 tbsp (30–60ml) cold water
1/2 tsp ground cumin (optional)
Salt, to taste

DIRECTIONS

1. Add chickpeas, tahini, lemon juice, garlic, olive oil, cumin, and salt to a food processor.
2. Blend until smooth, scraping down the sides as needed.
3. Add cold water gradually, 1 tablespoon at a time, until the hummus reaches a creamy, light texture.
4. Taste and adjust seasoning if needed.
5. Transfer to a container, drizzle with olive oil if desired, and refrigerate.



Cold Pesto Chicken & Sun-Dried Tomato Tortilla Rolls



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 380 kcal | Fat 16g | Cholesterol 60mg |
Sodium 520mg | Carbohydrates 31g | Fiber 4g |
Sugars 3g | Protein 26g

INGREDIENTS

1 cup (125g) cooked, shredded chicken breast
2 tbsp (30g) basil pesto
2 tbsp (30g) Greek yogurt or softened cream cheese
2 tbsp (20g) sun-dried tomatoes, finely chopped
2 slices (40g) provolone or mozzarella
1 cup (30g) baby spinach
2 large whole wheat tortillas (about 120g total)

DIRECTIONS

1. In a medium bowl, combine the shredded chicken, pesto, yogurt, and sun-dried tomatoes. Mix until evenly coated and creamy.
2. Lay the tortillas flat on a work surface. Place one slice of cheese in the center of each tortilla, then spread the chicken mixture evenly over the top, leaving a small border.
3. Add an even layer of spinach over the filling.
4. Roll each tortilla tightly, tucking in the sides as you go.
5. Slice into pinwheels or leave whole. Arrange in an airtight container, placing parchment between layers if stacking.



Replace the chicken with sliced roasted turkey breast or flaked wild-caught salmon for an omega-3 boost.
To make it vegan: Swap the shredded chicken for lightly mashed cannellini beans or chickpeas.

Smoked Turkey & Green Apple Sourdough Sandwich



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 2 days (refrigerated)

Nutritional Information (per serving):

Calories 410 kcal | Fat 14g | Cholesterol 55mg | Sodium 890mg | Carbs 42g | Fiber 5g | Sugars 8g | Protein 28g

INGREDIENTS

2 slices of sourdough bread
4 oz (115g) smoked turkey breast
1/2 medium green apple, thinly sliced
1 oz (28g) cheddar cheese
1 tbsp (15g) Dijon mustard
1/2 cup (15g) arugula
1 tsp (7g) honey

DIRECTIONS

1. In a small bowl, stir together the Dijon mustard and honey until smooth.
2. Lay the bread slices on a flat surface and spread the mixture evenly over the inner sides.
3. Place the cheese on one slice of bread, followed by the smoked turkey. Add the apple slices in an even layer, then top with arugula.
4. Close the sandwich with the second slice of bread and press gently to secure.
5. Wrap tightly in parchment paper and store in an airtight container to keep fresh and prevent crushing.

Chickpea & Tuna Salad Pockets with Radish and Sprouts



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days (refrigerated)



Nutritional Information (per serving):

Calories 340 kcal | Fat 6g | Cholesterol 25mg | Sodium 450mg | Carbs 40g | Fiber 8g | Sugars 3g | Protein 28g

INGREDIENTS

1 can (5 oz / 142g) tuna, drained
1/2 cup (80g) chickpeas, rinsed and drained
2 tbsp (30g) Greek yogurt
1 tsp (5g) Dijon mustard
2 radishes, finely chopped
1/2 cup (20g) sprouts
2 whole wheat pita breads, halved

DIRECTIONS

1. In a medium bowl, lightly mash the chickpeas with a fork, leaving some texture.
2. Add the tuna, Greek yogurt, and Dijon mustard. Season with salt and pepper, then mix until well combined.
3. Fold in the chopped radishes for added crunch.
4. Just before serving, open the pita halves and line them with sprouts.
5. Spoon the tuna-chickpea mixture into each pocket and serve immediately.

Zesty Roast Beef & Horseradish Slaw Rye Sandwiches



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 2 days (refrigerated)

Nutritional Information (per serving):

Calories 395 kcal | Fat 12g | Cholesterol 55mg | Sodium 620mg | Carbs 38g | Fiber 7g | Sugars 6g | Protein 29g

INGREDIENTS

4 slices (140g) dark rye bread
6 oz (170g) roast beef
1 1/2 cups (105g) shredded cabbage mix
1/4 cup (60g) Greek yogurt
1 tbsp (15g) prepared horseradish
1 tsp (5g) Dijon mustard
1 tsp (5ml) apple cider vinegar
1 cup (30g) arugula

DIRECTIONS

1. In a bowl, whisk together yogurt, horseradish, mustard, vinegar, salt, and pepper until smooth.
2. Add the cabbage and toss well to coat. Let it sit for a few minutes to soften slightly.
3. Lay out the bread and divide the arugula between two slices.
4. Layer the roast beef over the arugula, then top with the horseradish slaw. Close with the remaining bread slices and press gently.
5. Wrap tightly and store in an airtight container. For the best texture, add the slaw just before serving if storing longer.

15-Minute Curried Egg Salad Wraps with Baby Spinach



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days (refrigerated)



Nutritional Information (per serving):

Calories 310 kcal | Fat 16g | Cholesterol 372mg | Sodium 420mg | Carbs 24g | Fiber 4g | Sugars 3g | Protein 18g

INGREDIENTS

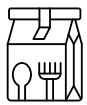
4 large eggs
3 tbsp (45g) Greek yogurt
1 tsp (3g) curry powder
1/4 cup (25g) celery, finely diced
2 tbsp (15g) red onion, minced
2 whole wheat tortillas
1 cup (30g) baby spinach
Salt and black pepper, to taste

DIRECTIONS

1. Place eggs in a saucepan, cover with water, and bring to a boil. Remove from heat, cover, and let sit for 10 minutes. Cool, peel, and chop.
2. In a bowl, mix yogurt, curry powder, salt, and pepper.
3. Add chopped eggs, celery, and onion. Stir until well combined.
4. Lay tortillas flat and cover the center with spinach.
5. Spoon the egg salad over the spinach, then roll tightly, folding in the sides. Wrap and store in an airtight container.



Buffalo Cauliflower & Greek Yogurt Ranch Lettuce Cups



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 185 kcal | Fat 9g | Cholesterol 8mg |
Sodium 520mg | Carbohydrates 16g | Fiber 5g |
Sugars 6g | Protein 12g

INGREDIENTS

2 cups (200g) cauliflower florets, chopped
1 tbsp (15ml) olive oil
3 tbsp (45ml) buffalo sauce (or homemade)
1/2 cup (120g) plain Greek yogurt
1 tbsp fresh dill, chopped
1/2 tsp garlic powder
1–2 tsp water, as needed
1/2 cup (50g) celery, finely diced
6 large butter lettuce leaves
Salt and black pepper, to taste

DIRECTIONS

1. Heat olive oil in a skillet over medium-high heat. Add the cauliflower, season with salt and pepper, and cook for 8–10 minutes, stirring occasionally, until tender with lightly charred edges.
2. Remove from heat and toss with buffalo sauce until evenly coated. Let cool slightly.
3. In a small bowl, combine Greek yogurt, dill, garlic powder, salt, and pepper. Stir in a small amount of water until smooth and lightly pourable.
4. To assemble, spoon the buffalo cauliflower into lettuce leaves. Top with diced celery and drizzle with the yogurt ranch.
5. For storage, keep cauliflower, lettuce, and dressing separate. Assemble just before serving for best texture.

Quick Buffalo Sauce (Homemade)

Makes: about 1/3 cup

INGREDIENTS

3 tbsp (45ml) hot sauce
1 tbsp (15ml) melted butter or olive oil
1/2 tsp garlic powder
1/2 tsp paprika
Pinch of salt

DIRECTIONS

1. In a small bowl, whisk all ingredients until smooth and fully combined.
2. Taste and adjust heat or seasoning if needed. Use immediately or store in the refrigerator for up to 1 week.

Smoked Salmon & Cream Cheese Bagel Lunch



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 2 days (refrigerated)

Nutritional Information (per serving):

Calories 450 kcal | Fat 18g | Cholesterol 45mg | Sodium 850mg | Carbs 48g | Fiber 4g | Sugars 5g | Protein 22g

INGREDIENTS

2 bagels (about 200g total)
4 oz (115g) smoked salmon
1/3 cup (75g) cream cheese, softened
1 tbsp fresh dill, chopped
1 tbsp fresh chives, chopped
1/4 cup (35g) red onion, thinly sliced
1/2 medium cucumber, sliced
1 tbsp (15ml) lemon juice

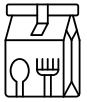
DIRECTIONS

1. In a small bowl, mix cream cheese with dill, chives, lemon juice, and black pepper until smooth.
2. Slice the bagels and spread the herbed cream cheese evenly on each half.
3. Top with smoked salmon, cucumber, and red onion.
4. Close the bagels or leave open-faced.
5. For storage, keep toppings separate and assemble just before eating for best texture.

Use turkey, eggs, or plant-based alternatives instead of salmon.



Prosciutto, Fig & Arugula Baguette



SERVINGS
1



PREP TIME
10 min



STORAGE
Up to 2 days (refrigerated)



Nutritional Information (per serving):

Calories 420 kcal | Fat 14g | Cholesterol 40mg | Sodium 890mg | Carbs 52g | Fiber 6g | Sugars 14g | Protein 22g

INGREDIENTS

1 small whole-grain baguette (about 80g)
2 oz (55g) prosciutto
2 fresh figs, sliced
1 cup (20g) arugula
1 oz (28g) goat cheese
1 tbsp balsamic glaze
1 tbsp chopped walnuts

DIRECTIONS

1. Slice the baguette horizontally. Spread goat cheese evenly on the bottom half, then gently press the walnuts into the cheese.
2. Layer the prosciutto over the cheese, followed by the sliced figs and arugula.
3. Drizzle with balsamic glaze just before serving, then close the sandwich.
4. For storage, keep the glaze separate and assemble close to serving time for best texture.

Cold Moroccan Spiced Lamb & Hummus Wraps



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days (refrigerated)

Nutritional Information (per serving):

Calories 480 kcal | Fat 22g | Cholesterol 65mg | Sodium 520mg | Carbs 38g | Fiber 8g | Sugars 4g | Protein 28g

INGREDIENTS

- 6 oz (170g) cooked lamb, sliced
- 1 tsp ras el hanout
- 2 whole wheat tortillas
- 1/2 cup (120g) hummus
- 1 cup (30g) baby spinach
- 1/2 cup (60g) cucumber, sliced
- 1/4 cup fresh mint
- 1/4 cup pomegranate seeds

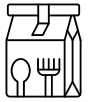
DIRECTIONS

1. Toss the sliced lamb with ras el hanout, a drizzle of olive oil, salt, and pepper until evenly coated.
2. Lay tortillas flat and add a layer of spinach in the center.
3. Top with lamb, then spread hummus over the meat.
4. Add cucumber, mint, and pomegranate seeds.
5. Fold in the sides and roll tightly. Wrap and store in an airtight container.



Use chickpeas or grilled eggplant instead of lamb. Swap with chicken or turkey if preferred.

Smoked Tofu & Kimchi Cold Nori Wraps



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 2 days (refrigerated)



Nutritional Information (per serving):

Calories 310 kcal | Fat 14g | Cholesterol 0mg | Sodium 680mg | Carbs 28g | Fiber 6g | Sugars 3g | Protein 18g

INGREDIENTS

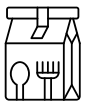
- 200g smoked tofu
- 1/2 cup (75g) kimchi, drained
- 4 nori sheets
- 1 cup (150g) cooked sushi rice, cooled
- 1/2 cucumber, sliced
- 1/2 avocado, sliced
- 1 tbsp sesame seeds

DIRECTIONS

1. Slice tofu, cucumber, and avocado into thin strips. Ensure kimchi is well-drained to prevent excess moisture.
2. Place a nori sheet on a flat surface. Spread a thin layer of rice over the bottom third.
3. Add tofu, kimchi, cucumber, avocado, and sesame seeds.
4. Roll tightly from the bottom, sealing the edge with a little water.
5. Wrap in parchment and store in an airtight container with a paper towel to absorb moisture.



Cold Thai-Style Peanut Beef Wraps with Fresh Mint



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 485 kcal | Fat 22g | Cholesterol 55mg |
Sodium 620mg | Carbohydrates 42g | Fiber 6g |
Sugars 5g | Protein 31g

INGREDIENTS

6 oz (170g) cooked lean steak, thinly sliced
2 whole wheat tortillas (8-inch)
2 tbsp (30g) peanut butter
1 tbsp soy sauce
1 tbsp lime juice
1/2 cup (75g) red bell pepper, sliced
1/2 cup (55g) carrots, shredded
1/4 cup fresh mint leaves

DIRECTIONS

1. In a small bowl, whisk peanut butter, soy sauce, lime juice, and 1 tbsp warm water until smooth and spreadable.
2. Lay tortillas flat and spread the peanut sauce across the center of each.
3. Layer the sliced beef, bell pepper, carrots, and mint evenly over the sauce.
4. Fold in the sides and roll tightly into wraps.
5. Wrap in parchment and store seam-side down in an airtight container.



Swap beef with grilled chicken, shrimp, or thinly sliced turkey for a lighter option. Use tofu, tempeh, or mashed chickpeas for a plant-based version. Add shredded cabbage, cucumber, or bean sprouts for extra crunch and volume. Swap mint with fresh cilantro or Thai basil for a different flavor profile.



Grab-and-Go Cold Italian Salami and Provolone Sub



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 2 days
(refrigerated)

Nutritional Information (per serving):

Calories 480 kcal | Fat 26g | Cholesterol 60mg |
Sodium 950mg | Carbohydrates 38g | Fiber 5g |
Sugars 3g | Protein 22g

INGREDIENTS

2 sub rolls or baguette-style rolls
(150g total)
4 oz (113g) salami
3 oz (85g) provolone cheese
1 cup (45g) shredded lettuce
1/2 cup (75g) red onion, thinly
sliced
1/2 cup (115g) pepperoncini or
banana peppers
2 tbsp (30ml) red wine vinegar
2 tbsp (30ml) olive oil
1 tsp dried oregano
Salt and black pepper, to taste

DIRECTIONS

1. Slice rolls horizontally.
2. In a bowl, whisk vinegar, olive oil, oregano, salt, and pepper. Toss lettuce, onion, and peppers in the dressing.
3. Layer cheese on both sides of the bread, then add salami.
4. Add dressed vegetables just before serving.
5. Close, press gently, and wrap for storage.



Use grilled vegetables for a vegetarian option.
Swap provolone with mozzarella or a dairy-free alternative.
Use gluten-free rolls or wrap in large lettuce leaves.
Replace salami with turkey, chicken, or roast beef.

Crispy Falafel and Pickled Turnip Pita Pockets



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days (refrigerated)

Nutritional Information (per serving):

Calories 385 kcal | Fat 11g | Cholesterol 65mg | Sodium 410mg | Carbs 40g | Fiber 7g | Sugars 14g | Protein 32g

INGREDIENTS

2 whole wheat pitas
6 precooked falafel balls
1/2 cup (75g) pickled turnips
1/4 cup (60g) hummus
1 cup (30g) mixed greens or baby spinach
1/2 cup (65g) cucumber, diced
2 tbsp fresh parsley, chopped

DIRECTIONS

1. Slice the falafel into halves or quarters.
2. Cut the pita in half and gently open it to form pockets.
3. Spread hummus inside each pita.
4. Layer greens, falafel, cucumber, parsley, and pickled turnips.
5. Wrap and store upright in an airtight container.



Add feta cheese or yogurt sauce for extra richness.
Swap falafel with grilled chicken, tofu, or chickpea patties.
Replace pickled turnips with pickled onions or cucumbers.

Falafel Servings: 3-4 Prep Time: 20 min (plus soaking time) Cook Time: 10 min

INGREDIENTS

1 cup (200g) dried chickpeas, soaked overnight
1/2 small onion (60g), roughly chopped
2 cloves of garlic
1/2 cup (15g) fresh parsley
1/2 cup (15g) fresh cilantro (coriander leaves)
1 tsp (2g) ground cumin
1 tsp (2g) ground coriander
1/2 tsp baking soda
2 tbsp (15g) flour (or chickpea flour for gluten-free)
2-3 tbsp (30-45ml) water, if needed
Salt and black pepper, to taste
Oil, for frying

DIRECTIONS

1. Drain and rinse the soaked chickpeas thoroughly. Pat dry.
2. In a food processor, combine chickpeas, onion, garlic, parsley, and cilantro. Pulse until a coarse, grainy mixture forms (not smooth).
3. Add cumin, coriander, baking soda, flour, salt, and pepper. Pulse again until the mixture holds together when pressed. Add a small amount of water if too dry.
4. Shape into small balls or patties using your hands.
5. Heat oil in a pan over medium heat. Fry the falafel for 3-4 minutes per side until golden brown and crisp.
6. Transfer to a paper towel-lined plate and allow to cool slightly before serving. Bake at 200°C / 400°F for 20-25 minutes or air-fry for a lighter option.

THE "SOGGY-FREE" MASON JARS



Mediterranean Quinoa Jar with Feta & Crispy Chickpeas



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 410 kcal | Fat 18g | Cholesterol 15mg |
Sodium 580mg | Carbohydrates 48g | Fiber 9g |
Sugars 4g | Protein 14g

INGREDIENTS

1 cup (185g) cooked quinoa
1 can (15 oz / 425g) chickpeas,
rinsed, drained, and dried
2 tbsp (30ml) olive oil
1 cup (150g) cherry tomatoes,
halved
1/2 cup (75g) cucumber, diced
1/3 cup (50g) feta cheese
1/4 cup (45g) pitted olives (e.g.,
Kalamata), sliced
2 tbsp (30ml) lemon juice
Salt and black pepper, to taste

DIRECTIONS

1. Heat 1 tbsp olive oil in a skillet. Add chickpeas, season, and cook for 8–10 minutes until crisp. Cool completely.
2. In jars or containers, whisk lemon juice, remaining olive oil, salt, and pepper.
3. Layer tomatoes and olives, then cucumber, chickpeas, quinoa, and feta on top.
4. Seal and refrigerate. Shake or toss before serving.



Use dairy-free feta or omit cheese for vegan.
Swap quinoa with brown rice, bulgur, or couscous.
Replace chickpeas with white beans or grilled chicken.
Add spinach or rocket (arugula) for extra greens.

Tropical Lime Shrimp & Mango Jar Salad



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 2 days (refrigerated)

Nutritional Information (per serving):

Calories 310 kcal | Fat 15g | Cholesterol 180mg | Sodium 410mg | Carbs 21g | Fiber 6g | Sugars 13g | Protein 25g

INGREDIENTS

8 oz (225g) cooked shrimp, peeled
1 cup (165g) mango, diced
1/2 avocado, diced
1/2 cup (75g) red bell pepper, diced
1/4 cup (15g) fresh cilantro (coriander), chopped
2 cups (60g) mixed greens or spinach

For the dressing:

2 tbsp (30ml) lime juice
1 tbsp (15ml) olive oil
Salt and black pepper, to taste

DIRECTIONS

1. Whisk dressing ingredients in a small bowl.
2. Toss avocado lightly with a little dressing to prevent browning.
3. Divide dressing between jars. Add bell pepper, shrimp, mango, avocado, and cilantro.
4. Top with greens.
5. Seal and refrigerate. Shake before eating.



Swap shrimp with chicken, tofu, or white beans.
Use pineapple instead of mango for variation.
Add cooked rice or quinoa for a more filling option.

Cold Zucchini Noodle Pad Thai Jar with Almond Satay



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days (refrigerated)



Nutritional Information (per serving):

Calories 295 kcal | Fat 18g | Cholesterol 0mg | Sodium 580mg | Carbs 24g | Fiber 8g | Sugars 11g | Protein 14g

INGREDIENTS

2 medium zucchini, spiralized
1/4 cup (60g) almond butter
2 tbsp (30ml) tamari or soy sauce
2 tbsp (30ml) fresh lime juice
1–2 tbsp (15–30ml) warm water
1/2 cup (75g) shelled edamame
1 red bell pepper, thinly sliced
1/2 cup (50g) carrots, julienned
2 tbsp (15g) sliced almonds
Salt and black pepper, to taste

DIRECTIONS

1. In a small bowl, whisk almond butter, tamari, and lime juice until smooth. Add warm water as needed to create a pourable sauce.
2. Prepare zucchini noodles, then pat them lightly with a paper towel to remove excess moisture.
3. Divide the sauce between two jars or containers.
4. Layer edamame, carrots, and bell pepper over the sauce, then add zucchini noodles on top.
5. Sprinkle with sliced almonds. Seal and refrigerate. Shake well before eating to coat evenly.

High-Protein Greek Chicken & Olive Jar



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 2 days (refrigerated)

Nutritional Information (per serving):

Calories 380 kcal | Fat 22g | Cholesterol 70mg | Sodium 650mg | Carbs 12g | Fiber 4g | Sugars 6g | Protein 32g

INGREDIENTS

8 oz (225g) cooked chicken breast, diced
1 cup (150g) cherry tomatoes, halved
1 cup (130g) cucumber, diced
1/4 cup (40g) red onion, finely chopped
1/4 cup (35g) olives, sliced
1/3 cup (50g) feta cheese

For the dressing:

2 tbsp (30ml) lemon juice
2 tbsp (30ml) olive oil
1 tsp dried oregano
Salt and black pepper, to taste

DIRECTIONS

1. Whisk dressing ingredients until combined.
2. Divide dressing between containers.
3. Layer onion, cucumber, and tomatoes, followed by olives and chicken.
4. Top with feta cheese.
5. Seal and refrigerate. Shake before serving.

HELPFUL
TIPS

Replace chicken with tuna, shrimp, or salmon. Use chickpeas instead of chicken for a vegetarian option. Add cooked quinoa or orzo for a more filling meal.

Roasted Beet & Goat Cheese Jar with Candied Walnuts



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days (refrigerated)

Nutritional Information (per serving):

Calories 420 kcal | Fat 28g | Cholesterol 15mg | Sodium 350mg | Carbs 34g | Fiber 6g | Sugars 16g | Protein 10g

INGREDIENTS

2 cups (300g) cooked beets, diced
3 oz (85g) goat cheese, crumbled
1/2 cup (60g) walnut halves
2 tbsp (30ml) maple syrup
1 cup (180g) cooked quinoa
4 cups (120g) arugula (rocket)

For the dressing:

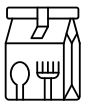
1/4 cup (60ml) balsamic vinegar
2 tbsp (30ml) olive oil
Salt and black pepper, to taste

DIRECTIONS

1. Heat a small skillet over medium heat. Add walnuts and maple syrup, stirring for 3–4 minutes until coated and lightly caramelized. Transfer to parchment paper, sprinkle with a pinch of salt, and cool completely.
2. In a small bowl, whisk balsamic vinegar, olive oil, salt, and pepper until combined.
3. Divide dressing between jars. Add beets, then quinoa, followed by goat cheese and candied walnuts.
4. Top with arugula. Seal and refrigerate. Shake before serving.



Southwest Black Bean & Corn Jar with Cilantro Pepita Pesto



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 642 kcal | Fat 31g | Cholesterol 0mg |
Sodium 350mg | Carbohydrates 73g | Fiber 17g |
Sugars 6g | Protein 22g

INGREDIENTS

1 can (15 oz / 425g) black beans,
rinsed and drained
1 cup (185g) cooked quinoa
1 cup (150g) corn kernels
1 cup (150g) cherry tomatoes, halved
1/2 cup (75g) red bell pepper, diced

For the pesto:

1 cup (30g) fresh cilantro (coriander)
1/4 cup (35g) pumpkin seeds (pepitas)
2 tbsp (30ml) lime juice
3 tbsp (45ml) olive oil
2 tbsp (30ml) water
1/4 tsp salt
1/4 tsp black pepper

DIRECTIONS

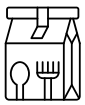
1. Blend all pesto ingredients until smooth.
2. In a bowl, combine beans, corn, tomatoes, and bell pepper.
3. Divide pesto between jars. Add the vegetable mixture, then top with quinoa.
4. Seal and refrigerate. Shake before serving.



Swap quinoa with brown rice, couscous, or bulgur.
Use sunflower seeds instead of pepitas for nut/seed variation.
Replace black beans with kidney beans or grilled chicken.
Add avocado just before serving for extra richness.



Classic Cobb Jar Salad with Turkey Bacon & Blue Cheese



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 380 kcal | Fat 28g | Cholesterol 210mg |
Sodium 650mg | Carbohydrates 12g | Fiber 6g |
Sugars 4g | Protein 22g

INGREDIENTS

1 cup (150g) cherry tomatoes, halved
1 avocado, diced
2 large eggs, hard-boiled and chopped
4 slices of turkey bacon, cooked and crumbled
1/4 cup (35g) blue cheese, crumbled
4 cups (120g) romaine lettuce, chopped

For the dressing:

2 tbsp (30ml) red wine vinegar
3 tbsp (45ml) olive oil
Salt and black pepper, to taste

DIRECTIONS

1. Whisk dressing ingredients until emulsified.
2. Divide dressing between jars. Add tomatoes, then avocado, eggs, turkey bacon, and blue cheese.
3. Top with romaine lettuce.
4. Seal and refrigerate. Shake before serving.



HELPFUL
TIPS

Use regular bacon if preferred. Or replace turkey bacon with grilled chicken or tofu.
Swap blue cheese with feta or cheddar.
Add corn or cucumber for extra texture.



Superfood Kale & Blueberry Jar with Pumpkin Seeds



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories: 345 kcal | Fat: 22g | Cholesterol: 15mg |
Sodium: 210mg | Carbohydrates: 28g | Fiber: 6g |
Sugars: 12g | Protein: 10g

INGREDIENTS

4 cups (130g) kale, stems removed and finely chopped
1 cup (150g) fresh blueberries
1 cup (160g) cooked quinoa, fully cooled
1/2 cup (65g) roasted pumpkin seeds (pepitas)
1/3 cup (40g) crumbled feta cheese
2 tbsp (30ml) apple cider vinegar
1 tbsp (15ml) maple syrup
1 tsp (5g) Dijon mustard
2 tbsp (30ml) olive oil
Salt and black pepper, to taste

DIRECTIONS

1. In a small bowl, whisk together apple cider vinegar, maple syrup, Dijon mustard, olive oil, salt, and black pepper until fully emulsified.
2. Place the chopped kale in a large bowl. Add a small drizzle of olive oil and massage for 1–2 minutes until softened and slightly wilted.
3. Assembly (Jar Method): Divide dressing between two jars. Add the quinoa first, then the blueberries and feta. Add pumpkin seeds, then pack the kale tightly on top. Seal and refrigerate. Shake before eating.



Replace feta with plant-based cheese, avocado (add fresh), or toasted nuts.
Replace quinoa with cauliflower rice (lightly steamed and cooled).
Use sunflower or hemp seeds instead of pepitas.
Add grilled chicken, tofu, or chickpeas.



Tuna Niçoise Salad Jar with Quail Eggs & Green Beans



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories: 320 kcal | Fat: 22g | Cholesterol: 130mg |
Sodium: 550mg | Carbohydrates: 12g | Fiber: 4g |
Sugars: 4g | Protein: 22g

INGREDIENTS

1 can (5 oz / 142g) tuna in water, drained
6 quail eggs (or 2 large eggs)
1 cup (100g) green beans, trimmed
1/2 cup (75g) cherry tomatoes, halved
1/4 cup (35g) Kalamata olives, sliced
2 tbsp (30ml) red wine vinegar
1 tsp (5g) Dijon mustard
3 tbsp (45ml) olive oil
2 cups (60g) mixed greens
Salt and black pepper

DIRECTIONS

1. Boil quail eggs for 4 minutes (or chicken eggs for 8–9 minutes), cool, peel, and halve.
2. Blanch green beans for 2–3 minutes, then cool in ice water and drain.
3. Whisk vinegar, mustard, olive oil, salt, and pepper.
4. Lightly flake tuna.
5. Assembly: Dressing → tomatoes → olives → green beans → tuna → eggs → greens. Seal and refrigerate.



For a low-carb option, skip beans and add extra greens or avocado.
Different Protein: Use salmon, grilled chicken, or sardines. Replace tuna with chickpeas or white beans for a vegetarian option.
Dairy Add-on: Optional feta or soft cheese for richness.

Salami & Mozzarella Antipasto Jar



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days (refrigerated)

Nutritional Information (per serving):

Calories 410 kcal | Fat 32g | Cholesterol 65mg | Sodium 850mg | Carbs 9g | Fiber 4g | Sugars 2g | Protein 21g

INGREDIENTS

4 oz (115g) salami, cubed
4 oz (115g) mozzarella pearls, drained
1 cup (150g) artichoke hearts, drained and chopped
1 cup (150g) cherry tomatoes, halved
1/2 cup (70g) olives, sliced
2 cups (60g) arugula (rocket)

For the dressing:

2 tbsp (30ml) balsamic vinegar
2 tbsp (30ml) olive oil
Salt and black pepper, to taste

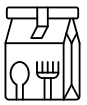
DIRECTIONS

1. Whisk dressing ingredients until combined.
2. Divide dressing between jars. Add artichokes, tomatoes, olives, mozzarella, and salami.
3. Top with arugula.
4. Seal and refrigerate. Shake before serving.



Replace salami with chicken, turkey, or chickpeas.
Add roasted peppers or cucumber for variation.

Teriyaki Salmon & Pickled Ginger Mason Jar



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days (refrigerated)

Nutritional Information (per serving):

Calories: 410 kcal | Fat: 14g | Cholesterol: 60mg | Sodium: 680mg | Carbs: 42g | Fiber: 6g | Sugars: 11g | Protein: 32g

INGREDIENTS

2 cooked salmon fillets (4 oz / 115g each), flaked
4 tbsp (60ml) teriyaki sauce
1 cup (195g) cooked brown rice, cooled
1/2 cup (75g) edamame
1/2 cup (65g) cucumber, diced
1 cup (70g) shredded red cabbage
2 tbsp (30g) pickled ginger
1 tbsp (9g) sesame seeds



DIRECTIONS

1. Toss salmon with 2 tbsp teriyaki and sesame seeds.
2. Prepare remaining ingredients.
3. Assembly: Sauce → edamame → cabbage → rice → cucumber → salmon → ginger. Shake before eating.

BBQ Chicken & Ranch Salad Jars with Crisp Jicama



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days (refrigerated)

Nutritional Information (per serving):

Calories 410 kcal | Fat 32g | Cholesterol 65mg | Sodium 850mg | Carbs 9g | Fiber 4g | Sugars 2g | Protein 21g

INGREDIENTS

- 1 cup (140g) cooked chicken breast, shredded
- 2 tbsp (30ml) BBQ sauce (low sugar preferred)
- 3 tbsp (45ml) Greek yogurt ranch dressing
- 1/2 cup (80g) corn kernels
- 1/2 cup (65g) jicama, peeled and diced
- 1/2 cup (75g) cherry tomatoes, halved
- 4 cups (120g) mixed greens

DIRECTIONS

1. Toss chicken with BBQ sauce until coated.
2. Prepare vegetables.
3. Assembly: Ranch → tomatoes → jicama → corn → chicken → greens. Seal and refrigerate.

No jicama (hard to find in some regions): Use apple, kohlrabi, or cucumber.
Replace chicken with black beans, tofu, or shrimp.



Creamy Greek Yogurt Ranch Dressing



YIELD
~1 cup (240ml)



PREP TIME
5 min



STORAGE
Up to 4–5 days (refrigerated)

Nutritional Info (per 2 tbsp / 30ml):

Calories 35 kcal | Fat 1g | Cholesterol 3mg | Sodium 120mg | Carbs 2g | Fiber 0g | Sugars 2g | Protein 4g

INGREDIENTS

- 1 cup (240g) plain Greek yogurt
- 1 tbsp (15ml) lemon juice or white wine vinegar
- 1 tbsp (15ml) water or milk (to thin, as needed)
- 1 tbsp (4g) fresh dill, finely chopped (or 1 tsp dried)
- 1 tbsp (4g) fresh chives, finely chopped (or 1 tsp dried)
- 1/2 tsp (1.5g) garlic powder
- 1/2 tsp (1g) onion powder
- Salt and black pepper

DIRECTIONS

1. In a medium bowl, whisk together the Greek yogurt, lemon juice, and water (or milk) until smooth and creamy.
2. Add the dill, chives, garlic powder, onion powder, salt, and black pepper.
3. Whisk until fully combined and evenly seasoned.
4. Taste and adjust seasoning as needed (more salt, lemon juice, or herbs).
5. Cover and refrigerate for at least 15–20 minutes before serving to allow the flavors to develop.

Consistency Tips:

For dipping: Use less liquid for a thicker texture
For drizzling: Add extra water or milk, 1 tsp at a time
For meal prep jars: Keep slightly thick so it doesn't water down ingredients



Pear & Gorgonzola Mason Jar Salad with Mixed Greens



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 385 kcal | Fat 28g | Cholesterol 20mg |
Sodium 410mg | Carbohydrates 24g | Fiber 6g |
Sugars 16g | Protein 10g

INGREDIENTS

1 medium pear, diced
4 cups (120g) mixed greens
1/3 cup (45g) Gorgonzola cheese
1/4 cup (30g) walnuts
2 tbsp (30ml) balsamic vinegar
2 tbsp (30ml) olive oil
1 tsp (5g) Dijon mustard
1 tsp (5ml) honey
Salt and black pepper

DIRECTIONS

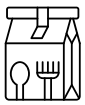
1. In a small bowl, whisk together the vinegar, olive oil, Dijon mustard, honey, and a pinch of salt and black pepper until completely emulsified.
2. Core and dice the pear, leaving the nutrient-dense skin intact for extra dietary fiber.
3. To prevent sogginess, divide the dressing evenly between the bottoms of two mason jars or tall containers. Add the diced pears next, then let them sit in the acidic dressing to prevent browning. Layer the chopped walnuts and crumbled Gorgonzola over the pears. Finally, pack the mixed greens loosely at the very top. Seal tightly with a lid. When ready to eat, simply shake the jar vigorously to distribute the dressing, or pour it out into a bowl.



Replace pear with apple or berries.
Add grilled chicken, lentils, or quinoa for a protein boost.



Lentil & Roasted Red Pepper Mason Jar Salad



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 380 kcal | Fat 18g | Cholesterol 15mg |
Sodium 320mg | Carbohydrates 42g | Fiber 14g |
Sugars 6g | Protein 16g

INGREDIENTS

1 cup (200g) cooked brown or green lentils, rinsed and drained
 1/2 cup (115g) jarred roasted red peppers, drained and chopped
 2 tbsp (30g) tahini
 1 tbsp (15ml) fresh lemon juice
 1 small garlic clove, minced
 1 tbsp (15ml) olive oil
 1–2 tbsp (15–30ml) water (to thin dressing)
 1/4 cup (35g) crumbled feta cheese
 1/4 cup (15g) fresh parsley, chopped
 2 cups (60g) baby spinach
 Salt and black pepper, to taste

DIRECTIONS

1. In a small bowl, whisk tahini, lemon juice, garlic, olive oil, water, salt, and pepper until smooth and creamy.
2. Thoroughly rinse and drain the cooked lentils and jarred roasted red peppers to remove excess sodium and moisture, which helps extend the shelf life of the lunch.
3. Toss the drained lentils with the chopped fresh parsley and crumbled feta cheese to evenly distribute the flavors before packing.
4. Divide the tahini dressing evenly into the bottom of two jars. Layer the wet-roasted red peppers directly over the dressing to act as a barrier, then add the denser lentil and feta mixture. Pack the tops of the jars tightly with fresh baby spinach to keep the delicate greens elevated and far from the acidic dressing, preventing sogginess until you are ready to shake and eat.

SAVORY BITES & "ADULT LUNCHABLES"



Chicken Satay Skewers with Cold Peanut Sauce



SERVINGS
2



PREP TIME
20 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 360 kcal | Fat 16g | Cholesterol 80mg |
Sodium 750mg | Carbohydrates 12g | Fiber 2g |
Sugars 6g | Protein 30g

INGREDIENTS

225g (8 oz) chicken breast, sliced into strips
3 tbsp (45g) natural peanut butter
2 tbsp (30ml) soy sauce (or tamari)
1 tbsp (15ml) lime juice
1 tsp (5ml) maple syrup
½ tsp (2g) garlic powder
1 tsp (5ml) sriracha (optional)
75g (½ cup) cucumber, sliced
1 tbsp (15ml) olive oil (for cooking)
Salt and black pepper, to taste

DIRECTIONS

1. Thread the chicken breast strips onto small wooden skewers. Season lightly with salt and pepper, then pan-sear in 1 tablespoon of olive oil over medium-high heat for 3-4 minutes per side until fully cooked. Let them cool completely.
2. In a small bowl, whisk together the peanut butter, soy sauce, lime juice, maple syrup, garlic powder, sriracha, and 1 to 2 tablespoons of warm water until smooth and dippable.
3. Place the completely cooled chicken skewers and the sliced cucumber in the main compartment of your lunchbox. Keeping the sauce separate prevents the chicken from getting soggy and maintains the crispness of the cucumbers.



Spinach & Ricotta Crustless Mini Quiches



SERVINGS
2



PREP TIME
20 min



STORAGE
Up to 4 days (refrigerated)

Nutritional Information (per serving):

Calories 308 kcal | Fat 22g | Cholesterol 385mg | Sodium 340mg | Carbs 6g | Fiber 1g | Sugars 2g | Protein 24g

INGREDIENTS

4 large eggs
1/2 cup (125g) ricotta cheese
1/4 cup (25g) grated Parmesan
2 cups (60g) spinach, finely chopped
2 green onions, sliced
1/8 tsp ground nutmeg
Salt and black pepper

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a 6-cup muffin tin.
2. In a medium mixing bowl, whisk together the eggs, ricotta cheese, grated Parmesan, ground nutmeg, a pinch of salt, and black pepper until the batter is completely smooth.
3. Fold the finely chopped baby spinach and sliced green onions into the egg mixture until evenly distributed.
4. Divide into muffin cups and bake 18–20 minutes until set. Cool before storing.

Herb-Stuffed Mini Sweet Peppers



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days (refrigerated)

Nutritional Information (per serving):

Calories 210 kcal | Fat 18g | Cholesterol 50mg | Sodium 280mg | Carbs 9g | Fiber 2g | Sugars 6g | Protein 5g

INGREDIENTS

8–10 mini sweet peppers
4 oz (115g) cream cheese
2 tbsp (6g) fresh chives, finely chopped
1 tbsp (3g) fresh dill, finely chopped
1/2 tsp (2g) garlic powder
1 tsp (5ml) fresh lemon juice
2 tbsp (18g) roasted sunflower seeds

DIRECTIONS

1. Prep Peppers: Halve peppers lengthwise and remove seeds/membranes.
2. Blend cream cheese, chives, dill, garlic powder, lemon juice, salt, and pepper until smooth.
3. Fill each half with the mixture and press sunflower seeds into the top for crunch.
4. Arrange in a single layer in a shallow, airtight container. Do not stack to prevent sogginess or smearing.



Turkey & Cheddar Roll-Ups with Cornichons



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days (refrigerated)

Nutritional Information (per serving):

Calories 320 kcal | Fat 15g | Cholesterol 60mg | Sodium 780mg | Carbs 22g | Fiber 4g | Sugars 2g | Protein 24g

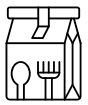
INGREDIENTS

- 2 large (120g) whole grain wraps or tortillas
- 2 tbsp (30g) whipped cream cheese
- 1 tbsp (15g) Dijon mustard
- 6 oz (170g) sliced deli turkey breast (low sodium)
- 2 oz (55g) cheddar cheese, thinly sliced
- 1/4 cup (40g) cornichons, patted dry and diced
- 1 cup (30g) fresh baby spinach

DIRECTIONS

1. Lay wraps flat. Whisk cream cheese and Dijon mustard, then spread thinly, leaving a half-inch border.
2. Place turkey, cheddar, and spinach on the bottom third. Top with diced cornichons, roll tightly, and slice into pinwheels or halves.
3. Line your container with a dry paper towel to absorb moisture. Arrange pinwheels snugly together or wrap halves in parchment paper to stay crisp.

Cold Roast Pork Slices with Grainy Mustard Yogurt Dip



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days (refrigerated)



Nutritional Information (per serving):

Calories 285 kcal | Fat 9g | Cholesterol 75mg | Sodium 410mg | Carbs 18g | Fiber 4g | Sugars 5g | Protein 34g

INGREDIENTS

- 285g (10 oz) cooked roast pork tenderloin, chilled
- 2 tbsp (30g) wholegrain mustard
- 60g (1/4 cup) Greek yogurt
- 1 tsp (5ml) honey
- 1 tbsp (3g) fresh chives, chopped
- 120g (1 cup) cucumber, sliced
- 2 slices (60g) wholegrain or rye bread

DIRECTIONS

1. Slice pork thinly for easy serving.
2. Mix mustard, yogurt, honey, chives, and black pepper until smooth.
3. Slice bread and prepare a cucumber.
4. Packing tip: Keep dip separate and bread dry to maintain texture.

Smoked Mackerel Bites with Zesty Horseradish Cream



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days (refrigerated)

Nutritional Information (per serving):

Calories 320 kcal | Fat 24g | Cholesterol 50mg | Sodium 450mg | Carbs 8g | Fiber 2g | Sugars 3g | Protein: 18g

INGREDIENTS

1 cup (150g) smoked mackerel, flaked (skin and bones removed)
1 large cucumber
1/3 cup (80g) Greek yogurt
1 tbsp (15g) prepared horseradish
2 tbsp (5g) fresh dill, finely chopped
1 tbsp (15ml) fresh lemon juice
2 medium (30g) radishes, thinly sliced

DIRECTIONS

1. Slice the cucumber into thick rounds and scoop a shallow divot into the center of each to create "cups."
2. Whisk Greek yogurt, horseradish, dill, lemon juice, and pepper until smooth.
3. Break the smoked mackerel into bite-sized pieces, ensuring all bones are removed.
4. Fill the cucumber divots with the cream, top with the mackerel, and garnish with a radish slice.
5. Store cucumber, fish, and radish in the main container. Keep the cream in a separate mini jar; assemble just before eating to stay crunchy.

Fresh Caprese Lunch Skewers with Balsamic Glaze



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days (refrigerated)



Nutritional Information (per serving):

Calories 280 kcal | Fat 22g | Cholesterol 45mg | Sodium 250mg | Carbs 8g | Fiber 2g | Sugars 5g | Protein 14g

INGREDIENTS

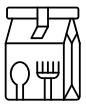
1 cup (150g) cherry tomatoes
1 cup (140g) mini mozzarella balls
1/2 cup (15g) fresh basil leaves
2 slices (60g) sourdough or crusty bread, cubed
1 tbsp (15g) toasted pine nuts
2 tbsp (30ml) balsamic glaze
1 tbsp (15ml) extra virgin olive oil
Sea salt and black pepper

DIRECTIONS

1. Wash and thoroughly dry tomatoes and basil. Drain mozzarella balls and pat them completely dry.
2. Thread a sourdough cube, a folded basil leaf, a mozzarella ball, and a cherry tomato onto skewers in an alternating pattern.
3. Lay the skewers flat in a shallow container and tuck the pine nuts into a corner.
4. Store balsamic glaze, oil, salt, and pepper in a separate micro-container. Drizzle just before eating to keep the bread crunchy and the basil fresh.



Cold & Crisp Shrimp Summer Rolls with Mint-Mango Dip



SERVINGS
2



PREP TIME
20 min



STORAGE
Up to 2 days
(refrigerated)

Nutritional Information (per serving):

Calories 295 kcal | Fat 1g | Cholesterol 95mg |
Sodium 310mg | Carbohydrates 56g | Fiber 3g |
Sugars 12g | Protein 15g

INGREDIENTS

6 large (8.5-inch / 22cm) rice paper wrappers
4 oz (115g) cooked, peeled medium shrimp (halved lengthwise)
2 oz (55g) thin vermicelli rice noodles
1 cup (165g) fresh ripe mango, peeled and diced (divided use)
1/2 cup (50g) cucumber, finely julienned
1/4 cup (10g) fresh mint leaves, roughly chopped (plus 12-18 whole leaves for wrapping)
2 tbsp (30ml) fresh lime juice

DIRECTIONS

1. Cook noodles according to package instructions, rinse under cold water, and drain well.
2. Blend half the mango with chopped mint, lime juice, a pinch of salt, and 1 tbsp water until smooth to make the dip.
3. Soak one rice paper wrapper in warm water for 10–15 seconds until pliable, then lay flat.
4. Layer mint leaves, shrimp, noodles, cucumber, and remaining mango across the center.
5. Fold sides inward, then roll tightly from the bottom to seal. Repeat with remaining ingredients.
6. Wrap each roll in damp parchment or paper towel and store in an airtight container. Keep dip separate.



Replace shrimp with tofu strips or edamame.
Use shredded chicken, crab, or thinly sliced beef.
Add grated carrot or basil for extra freshness.
Swap mango for pineapple or use a light peanut-lime sauce.



Savory Cucumber & Dill Cottage Cheese Protein Bowls



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 240 kcal | Fat 14g | Cholesterol 15mg |
Sodium 380mg | Carbohydrates 8g | Fiber 2g |
Sugars 5g | Protein 21g

INGREDIENTS

1.5 cups (340g) full-fat cottage cheese
1 cup (130g) diced English cucumber
1/2 cup (75g) halved cherry tomatoes
2 tbsp (20g) finely diced red onion
2 tbsp (6g) chopped fresh dill
1/4 cup (30g) roughly chopped walnuts
1 tbsp (15ml) fresh lemon juice
1 tbsp (15ml) extra virgin olive oil
Sea salt and black pepper, to taste

DIRECTIONS

1. In a bowl, combine cucumber, tomatoes, red onion, dill, and lemon juice. Season with salt and pepper, then let sit for 2–3 minutes to lightly marinate.
2. Divide the cottage cheese evenly between two containers, smoothing into an even base.
3. Spoon the vegetable mixture over the cottage cheese and drizzle with olive oil.
4. Packing tip: Store walnuts separately and add just before eating to maintain crunch.



HELPFUL
TIPS

Add boiled eggs, smoked salmon, or chickpeas for a protein boost.
Replace walnuts with sunflower or pumpkin seeds.
Add capers, olives, or a sprinkle of za'atar for extra flavor.



Low-Carb Deli-Style Roast Beef & Arugula Roll-Ups



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days (refrigerated)

Nutritional Information (per serving):

Calories 310 kcal | Fat 22g | Cholesterol 70mg | Sodium 580mg | Carbs 4g | Fiber 1g | Sugars 2g | Protein 24g

INGREDIENTS

8 oz (225g) deli-sliced lean roast beef
1/4 cup (60g) cream cheese, softened
1 tbsp (15g) horseradish sauce (or Dijon mustard)
1/2 tsp (2g) garlic powder
2 cups (40g) fresh baby arugula
1/2 cup (75g) cherry tomatoes, finely chopped
1/4 cup (25g) thinly sliced red onion
Salt and black pepper, to taste

DIRECTIONS

1. Mix cream cheese, horseradish, garlic powder, salt, and pepper until smooth.
2. Lay out roast beef slices, slightly overlapping for sturdiness.
3. Spread a thin layer of the cream cheese mixture over each.
4. Add arugula, tomatoes, and onion along one edge.
5. Roll tightly and place seam-side down. Slice in half if desired. Store in an airtight container with a paper towel underneath to absorb moisture.

Cold Sesame Chicken & Cucumber Ribbon Salad



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days (refrigerated)



Nutritional Information (per serving):

Calories 310 kcal | Fat 16g | Cholesterol 85mg | Sodium 580mg | Carbs 9g | Fiber 2g | Sugars 5g | Protein 32g

INGREDIENTS

2 cups (280g) cooked chicken breast, shredded
1 large cucumber
2 tbsp (30ml) toasted sesame oil
2 tbsp (30ml) low-sodium soy sauce
1 tbsp (15ml) rice vinegar
1 tsp (5ml) honey
1 tbsp (9g) toasted sesame seeds
2 green onions, thinly sliced

DIRECTIONS

1. Use a vegetable peeler to slice the cucumber into long ribbons, stopping at the seeded core.
2. Whisk sesame oil, soy sauce, vinegar, and honey until combined. Toss the chicken with half of the dressing.
3. Arrange chicken in a bowl or container, top with cucumber ribbons, and sprinkle with sesame seeds and green onions.
4. Drizzle with the remaining dressing just before serving. Keep dressing separate if storing for later to maintain the cucumber's crisp texture.



Sesame Smoked Tofu & Pickled Ginger Seaweed Salad



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 330 kcal | Fat 19g | Cholesterol 0mg |
Sodium 580mg | Carbohydrates 15g | Fiber 5g |
Sugars 5g | Protein 24g

INGREDIENTS

225g (8 oz) smoked firm tofu, patted dry and cubed
15g (¼ cup) dried wakame seaweed
1 medium (200g) cucumber, thinly sliced
75g (½ cup) shelled edamame, thawed
2 tbsp (30g) pickled ginger, finely chopped (reserve 1 tbsp brine)
2 tbsp (30ml) rice vinegar
1 tbsp (15ml) toasted sesame oil
1 tbsp (9g) sesame seeds

DIRECTIONS

1. Place the dried wakame in a bowl and cover with cold water. Let it soak for 5-7 minutes until fully expanded, then drain completely and squeeze out any excess moisture.
2. In a small mixing bowl, whisk together the rice vinegar, toasted sesame oil, and the reserved 1 tbsp (15ml) of pickled ginger brine to create a quick dressing.
3. Toss the rehydrated wakame, sliced cucumber, thawed edamame, and chopped pickled ginger into the dressing. Stir well to ensure the vegetables are evenly coated.

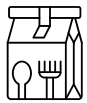


Use shredded carrots, radishes, or courgette ribbons instead of cucumber. Swap tofu for cooked shrimp, flaked smoked salmon, or grilled chicken. Add a splash of soy sauce/tamari or a squeeze of lime juice for extra depth.

GLOBAL "FAKEAWAY" COLD BOWLS



Authentic Mini Cold Spanish Tortilla Wedges



SERVINGS
2



PREP TIME
30 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 310 kcal | Fat 18g | Cholesterol 370mg |
Sodium 350mg | Carbohydrates 22g | Fiber 3g |
Sugars 2g | Protein 14g

INGREDIENTS

1/2 lb (225g) Yukon Gold potatoes, peeled and thinly sliced
1/2 cup (80g) yellow onion, thinly sliced
4 large eggs
1 tbsp (3g) fresh flat-leaf parsley, finely chopped
2 cups (60g) mixed baby greens
2 tbsp olive oil
Salt and black pepper, to taste

DIRECTIONS

1. Heat 1½ tbsp olive oil in a small (15 cm / 6-inch) non-stick skillet over medium heat. Add potatoes and onion, season well, and cook gently for 10–12 minutes until tender but not browned. Cool slightly.
2. Whisk eggs with parsley, salt, and pepper. Fold in the potato mixture.
3. Wipe the pan, add remaining oil, and set over medium-low heat. Pour in the mixture and cook for 5–6 minutes until the edges are set.
4. Flip using a plate, then cook for another 2–3 minutes until just set through.
5. Cool completely, then slice into wedges. Serve with fresh greens or pack for later. Store fully cooled wedges in an airtight container, separating layers with parchment. Keep greens separate to avoid wilting.



Stir in 30–40g smoked salmon, cooked chorizo, or shredded chicken before cooking.
Try thinly sliced courgette (zucchini) or red pepper instead of onion.



Greek Chicken Souvlaki Skewers with Tzatziki



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 380 kcal | Fat 12g | Cholesterol 85mg |
Sodium 450mg | Carbohydrates 25g | Fiber 4g |
Sugars 5g | Protein 38g

INGREDIENTS

8 oz (225g) chicken breast, cubed
1 lemon (juice)
2 cloves garlic, minced
1 tbsp dried oregano
1 tbsp olive oil
1/2 cup (120g) Greek yogurt
1/4 cup (35g) grated cucumber
(squeezed dry)
2 small whole wheat pita breads
1/2 cup (75g) cherry tomatoes,
halved

DIRECTIONS

1. In a mixing bowl, toss chicken cubes with olive oil, half of the lemon juice, 1 minced garlic clove, oregano, salt, and pepper. Thread the marinated chicken onto 4 skewers.
2. Heat a skillet over medium-high heat and cook the skewers for 8 to 10 minutes, turning occasionally, until the chicken is golden brown. Remove from heat and let cool completely.
3. Whisk together Greek yogurt, grated cucumber, lemon juice, minced garlic, and a pinch of salt in a small bowl to prepare tzatziki.
4. Place cooled chicken skewers on one side of a wide, airtight lunch container. Add cherry tomatoes and folded pita bread on the other side. Store tzatziki sauce in a separate sealed jar to keep the pita fresh and prevent sogginess.



Deconstructed California Roll Sushi Bowl with Nori & Avocado



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 2 days
(refrigerated)

Nutritional Information (per serving):

Calories 380 kcal | Fat 18g | Cholesterol 35mg |
Sodium 650mg | Carbohydrates 38g | Fiber 8g |
Sugars 4g | Protein 16g

INGREDIENTS

1 cup (160g) cooked brown rice, cooled
6 oz (170g) lump crab meat or high-quality imitation crab, shredded
1 medium (150g) avocado, diced
1/2 cup (65g) cucumber, diced
1/2 cup (75g) shelled edamame, thawed
2 sheets (5g) roasted nori seaweed, torn into bite-sized pieces
1 tbsp (9g) toasted sesame seeds
2 tbsp (30ml) low-sodium soy sauce or tamari

DIRECTIONS

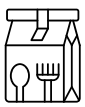
1. Divide the cooled, cooked brown rice evenly into two meal-prep containers to serve as the base of your bowl.
2. Arrange the shredded crab meat, diced cucumber, and shelled edamame in neat sections over the rice base, then sprinkle the toasted sesame seeds evenly across the top.
3. To prevent sogginess and oxidation, store the diced avocado in a separate small airtight container (if desired, toss with a drop of olive oil to keep it green), place the torn nori pieces in a dry ziplock bag, and keep the soy sauce in a leak-proof mini dressing pod. Assemble directly before eating.



Replace crab with marinated tofu or mashed chickpeas with seaweed flakes.
Use shrimp, tuna, or salmon for a protein swap.
Add pickled ginger, wasabi, or a drizzle of sriracha mayo for extra flavor.
Swap rice for cauliflower rice.



Deconstructed Falafel Plate with Lemon Tahini



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 340 kcal | Fat 16g | Cholesterol 0mg |
Sodium 410mg | Carbohydrates 38g | Fiber 10g |
Sugars 6g | Protein 14g

INGREDIENTS

1 can (400–425g / 14–15 oz)
chickpeas, rinsed and drained
1/2 cup (75 g) cucumber, diced
1/2 cup (75 g) cherry tomatoes,
halved
1/4 cup (40 g) red onion, finely diced
1/4 cup (15 g) fresh parsley, chopped

For the Lemon Tahini:

2 tbsp (30g) tahini
2 tbsp (30ml) fresh lemon juice
1/2 tsp (2g) garlic powder
1 tbsp (15ml) olive oil
2 tbsp (30ml) warm water
Salt and black pepper, to taste

DIRECTIONS

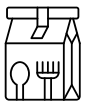
1. Lightly mash half the chickpeas, leaving the rest whole for texture.
2. In a small separate bowl, whisk together the tahini, lemon juice, garlic powder, olive oil, warm water, and a pinch of salt and black pepper until smooth and creamy.
3. Gently fold the diced cucumber, cherry tomatoes, red onion, and chopped parsley into the chickpea mixture until well combined.
4. Pour the lemon tahini dressing into the bottom of your meal-prep jar. Firmly pack the chickpea and vegetable mixture on top to keep the veggies crisp. Stir before eating.



For a different texture, add toasted sunflower or pumpkin seeds.
Replace the chickpeas with steamed green lentils, or use cubed, pre-baked firm tofu dusted with cumin and coriander



Low-Carb Vietnamese Chicken Banh Mi Salad Bowl



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 385 kcal | Fat 19g | Cholesterol 85mg |
Sodium 450mg | Carbohydrates 14g | Fiber 5g |
Sugars 6g | Protein 37g

INGREDIENTS

8 oz (225g) cooked shredded chicken breast
4 cups (300g) shredded Napa cabbage
1 cup (110g) matchstick carrots
1 cup (150g) sliced cucumber
1/4 cup (15g) fresh cilantro, roughly chopped
3 tbsp (45g) mayonnaise
1 tbsp (15ml) Sriracha sauce
1 tbsp (15ml) fresh lime juice
1-2 tsp water (optional, to thin)
Salt and black pepper, to taste

DIRECTIONS

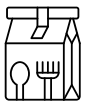
1. Whisk together mayonnaise, Sriracha, lime juice, and a pinch of salt for a spicy dressing. Add 1-2 teaspoons of water for a lighter consistency if needed.
2. Divide the shredded Napa cabbage equally into your meal prep containers to form a robust, crunchy base.
3. Arrange the shredded chicken breast, matchstick carrots, sliced cucumber, and fresh cilantro in distinct, organized sections over the cabbage bed.
4. Store the Sriracha-lime dressing in a separate airtight container. Drizzle the dressing and toss before eating for maximum crispness.



Replace the shredded chicken with cooked shrimp or thin, cold slices of roasted pork tenderloin.
Add pickled carrots or a splash of fish sauce.



Poke-Inspired Tuna & Seaweed Lunch Bowl



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 2 days
(refrigerated)

Nutritional Information (per serving):

Calories 410 kcal | Fat 14g | Cholesterol 35mg |
Sodium 680mg | Carbohydrates 42g | Fiber 8g |
Sugars 3g | Protein 32g

INGREDIENTS

2 cups (320g) cooked brown rice or sushi rice (cooled)
10 oz / 280g canned or pouch tuna, drained
1 cup (150g) shelled edamame, thawed
1 cup (120g) English cucumber, diced
1/2 medium (70g) avocado, cubed
1 large pack (0.35 oz / 10g) roasted seaweed snacks, roughly crushed
2 tbsp (30ml) low-sodium soy sauce or tamari
2 tsp (10ml) toasted sesame oil
Salt to taste

DIRECTIONS

1. In a small bowl, whisk the soy sauce and sesame oil. Flake in the drained tuna and toss gently to coat.
2. Dice the cucumber and cube the avocado. Lightly salt the cucumber to reduce moisture before packing, if desired.
3. To keep your lunch fresh and prevent sogginess, layer your container wisely. Start with cooled brown rice at the bottom, then add marinated tuna on one side. Place edamame and diced cucumber in separate sections. Add diced avocado right before serving, or coat it in olive oil to prevent browning. Store crushed roasted seaweed in a separate container and sprinkle it on top just before eating for a crunchy texture.



Replace tuna with tofu cubes or chickpeas. Use shrimp, salmon, or shredded chicken.

Low-Carb Option: Swap rice for cauliflower rice.

Add pickled ginger, chili flakes, or a drizzle of sriracha mayo for extra flavor.



Cold-Packed Middle Eastern Tabbouleh with Seared Halloumi



SERVINGS
2



PREP TIME
20 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 360 kcal | Fat 22g | Cholesterol 40mg |
Sodium 650mg | Carbohydrates 25g | Fiber 7g |
Sugars 5g | Protein 16g

INGREDIENTS

1/4 cup (40g) fine bulgur wheat
4 oz (115g) halloumi cheese, cut into 1/2-inch thick slices
2 cups (120g) fresh flat-leaf parsley, finely chopped
1/4 cup (10g) fresh mint leaves, finely chopped
2 medium (250g) Roma tomatoes, finely diced
1/2 medium (150g) cucumber, finely diced
3 tbsp (45ml) fresh lemon juice
2 tbsp (30ml) olive oil
Salt and black pepper, to taste

DIRECTIONS

1. Soak the bulgur wheat in 1/2 cup boiling water for 10-15 minutes until tender. Fluff with a fork and let it cool.
2. Heat olive oil in a skillet over medium-high heat. Sear sliced halloumi for 1-2 minutes per side until golden brown. Remove and let cool.
3. In a large bowl, mix the cooled bulgur, parsley, mint, diced tomatoes, and cucumber. Toss with lemon juice, olive oil, and a pinch of salt and pepper.
4. To keep your salad fresh, layer your container with diced tomatoes and cucumbers mixed with lemon juice and olive oil at the bottom. Add cooked bulgur wheat as a moisture barrier, then chopped parsley and mint on top. Finish with cooled, seared halloumi slices. Toss before eating.



Use cooked quinoa instead of bulgur.
Replace halloumi with roasted chickpeas or tofu.
Extra Flavor: Add pomegranate seeds or a pinch of sumac.



Zesty Mexican Street Corn (Esquites) Pasta Salad



SERVINGS
2



PREP TIME
25 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 380 kcal | Fat 14g | Cholesterol 25mg |
Sodium 450mg | Carbohydrates 52g | Fiber 6g |
Sugars 5g | Protein 12g

INGREDIENTS

1 cup (100g) dry short pasta (like rotini or penne)
1.5 cups (240g) sweet corn kernels (thawed if frozen, or canned and drained)
1/4 cup (40g) finely diced red onion
1/4 cup (15g) chopped fresh cilantro
1/4 cup (30g) crumbled cotija or feta cheese
1/4 cup (60g) Greek yogurt
2 tbsp (30 ml) lime juice
1/2 tsp (1g) chili powder
1 tsp (5 ml) olive oil
Salt and black pepper, to taste

DIRECTIONS

1. Cook pasta in salted water until al dente. Drain and rinse under cold water to cool.
2. Heat olive oil in a skillet over medium-high heat. Add sweet corn kernels and cook for 3 to 4 minutes until charred, then set aside to cool.
3. In a small bowl, whisk together Greek yogurt, lime juice, chili powder, salt, and pepper until smooth.
4. Pour the yogurt-lime dressing into the bottom of a lunch container or mason jar. Layer diced red onion, charred corn, and cooked, cooled pasta. Top with fresh cilantro and crumbled cotija cheese. Shake before eating to mix the dressing and keep the pasta al dente.



Mix in black beans or pre-cooked, shredded chicken breast to significantly elevate the satiating protein content. Add smoked paprika or a pinch of cayenne for heat.



Italian Deli Pasta Bowl with Salami & Pepperoncini



SERVINGS
2



PREP TIME
20 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 480 kcal | Fat 22g | Cholesterol 45mg |
Sodium 850mg | Carbohydrates 52g | Fiber 4g |
Sugars 3g | Protein 18g

INGREDIENTS

4 oz (115g) dry rotini or fusilli pasta
2 oz (55g) hard salami, diced
1/4 cup (35g) provolone cheese, cubed
1/4 cup (30g) sliced pepperoncini
1/2 cup (75g) cherry tomatoes, halved
1 cup (30g) baby spinach or arugula
2 tbsp (30ml) red wine vinegar
1 tsp (1g) dried oregano
2 tbsp (30ml) olive oil
Salt and black pepper to taste

DIRECTIONS

1. Boil salted water, cook pasta as directed, then drain and rinse with cold water.
2. In a bowl, whisk red wine vinegar, olive oil, oregano, salt, and black pepper to make a vinaigrette.
3. Combine the cooled pasta, diced salami, provolone cubes, pepperoncini, and cherry tomatoes with the dressing, tossing until well coated.
4. Spoon the dressed pasta and deli mixture into your meal-prep container. Pack the baby spinach or arugula on top to keep the leaves crisp. Shake or stir before eating.



For a leaner option, replace salami with diced smoked turkey breast, shredded rotisserie chicken, chickpeas, or grilled vegetables. Substitute provolone cheese with mozzarella for a milder taste or Swiss cheese for a slightly nuttier flavor. Instead of pepperoncini, use banana peppers or mild pickled jalapeños.



Hawaiian Huli Huli Chicken Cold Bowl



SERVINGS
2



PREP TIME
25 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 445 kcal | Fat 13g | Cholesterol 55mg |
Sodium 580mg | Carbohydrates 40g | Fiber 5g |
Sugars 18g | Protein 27g

INGREDIENTS

8 oz (225g) boneless, skinless chicken thighs, cut into bite-sized pieces
1 cup (195g) cooked brown rice or quinoa (cooled)
1 cup (165g) pineapple chunks
1/2 cup (75g) shelled edamame, thawed
2 tbsp (30ml) low-sodium soy sauce
1 tbsp (15g) ketchup or tomato paste
1 tbsp (15ml) honey
2 medium stalks (30g) green onions (scallions), thinly sliced
1 tbsp (15ml) olive oil
1 tbsp (15ml) water

DIRECTIONS

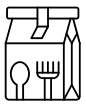
1. In a small bowl, whisk soy sauce, ketchup, honey, and 1 tablespoon of water to make the Huli Huli glaze.
2. Heat olive oil in a skillet over medium-high heat. Season the chicken with salt and pepper, then sauté for 5-6 minutes until browned. Add the glaze, reduce the heat to low, and simmer for 2-3 minutes until the sauce thickens. Remove from heat and let cool completely.
3. To keep the texture ideal, layer your meal prep container with cooled brown rice at the bottom. Add edamame and green onions as a moisture barrier, then place the glazed chicken on one side and fresh pineapple chunks on the other to contain the juices.



Replace the chicken thighs with pre-cooked shrimp or thinly sliced pork tenderloin for a different flavor profile that still pairs beautifully with the sweet glaze. Or make it vegan: Swap the chicken for extra-firm cubed tofu or tempeh, and replace the honey with maple syrup or agave nectar.



Korean-Inspired Cold Bibimbap Veggie Bowl



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 345 kcal | Fat 11g | Cholesterol 0mg |
Sodium 480mg | Carbohydrates 52g | Fiber 9g |
Sugars 6g | Protein 12g

INGREDIENTS

3/4 cup (150g) cooked short-grain brown rice, chilled
1/3 cup (50g) shelled edamame, thawed
1/2 cup (60g) julienned carrots
1/2 cup (60g) sliced cucumber
1 cup (30g) fresh baby spinach
1 tbsp (15g) gochujang (Korean chili paste)
1 tsp (5ml) toasted sesame oil
1 tsp (3g) toasted sesame seeds
1 tsp (5 ml) water
Salt to taste
1/2 tsp (2.5 ml) olive oil

DIRECTIONS

1. In a small bowl, whisk the gochujang, toasted sesame oil, and water until smooth and pourable.
2. Place fresh baby spinach in a bowl, add a drop of olive oil and a pinch of salt, then lightly massage until tender.
3. To prevent sogginess, pour the gochujang dressing at the bottom of your jar. Layer chilled brown rice over it as a barrier, then add edamame. Arrange julienned carrots, sliced cucumber, and massaged spinach in separate sections on top. Top with toasted sesame seeds. Keep upright during transit and toss before eating.



Substitute gochujang by whisking 1 tbsp (15 ml) of soy sauce or tamari with 1 tsp (5g) of sriracha and a pinch of sugar.
Replace the edamame with a sliced hard-boiled egg, cold shredded rotisserie chicken, or cooked shrimp.



Cold Moroccan-Spiced Couscous with Apricots & Pistachios



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 380 kcal | Fat 14g | Cholesterol 0mg |
Sodium 250mg | Carbohydrates 55g | Fiber 8g |
Sugars 12g | Protein 12g

INGREDIENTS

1/2 cup (85g) dry whole wheat couscous
1/2 cup (80g) canned chickpeas, rinsed and drained
1/4 cup (35g) dried apricots, diced
1/4 cup (30g) shelled pistachios, roughly chopped
1/4 cup (15g) fresh flat-leaf parsley, finely chopped
1 tbsp (15ml) lemon juice
1 tsp (2g) ground cumin
1/2 tsp (1g) ground cinnamon
1 tbsp (15ml) olive oil
Salt and black pepper, to taste

DIRECTIONS

1. Combine dry couscous, cumin, cinnamon, and salt in a heat-proof bowl. Pour in 1/2 cup of boiling water, cover, and let sit for 5 minutes.
2. Fluff the couscous with a fork, then drizzle in lemon juice and olive oil, tossing to coat and prevent clumping.
3. Fold chickpeas, diced apricots, chopped pistachios, and parsley into seasoned couscous. Adjust seasoning with salt and pepper.
4. Pack the finished couscous mixture directly into your main glass container or jar. Since couscous absorbs flavors and there are no delicate greens, layering isn't necessary. For extra crunch, store chopped pistachios in a separate container to sprinkle on top just before eating.



Swap the couscous for an equal measure of quinoa or millet.
Replace the canned chickpeas with 1/2 cup (70g) of diced roasted chicken breast or cubed, baked tofu to change up the protein profile.



Greek Lamb Meatball & Hummus Power Bowl



SERVINGS
2



PREP TIME
20 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 580 kcal | Fat 33g | Cholesterol 80mg |
Sodium 620mg | Carbohydrates 32g | Fiber 7g |
Sugars 3g | Protein 27g

INGREDIENTS

8 oz (225g) Ground lamb
1 tsp (2g) Dried oregano
1 cup (185g) Quinoa, cooked and cooled
1/2 cup (120g) Hummus
1/2 cup (75g) Cherry tomatoes, halved
1/2 cup (70g) Cucumber, diced
1/4 cup (35g) Feta cheese, crumbled
2 tbsp (20g) Kalamata olives, pitted and halved
1 tsp (5 ml) olive oil
Salt and black pepper, to taste

DIRECTIONS

1. In a mixing bowl, combine ground lamb, dried oregano, salt, and pepper. Mix with your hands and form into 8 small meatballs.
2. Heat olive oil in a skillet over medium heat. Pan-fry the meatballs for 8 to 10 minutes, turning until browned and cooked through. Remove from the skillet and let cool completely.
3. Divide the hummus between two meal-prep containers, spreading it on one side of each. Add cooled quinoa next to the hummus, then top with lamb meatballs, cherry tomatoes, diced cucumber, crumbled feta, and Kalamata olives. Keeping wet ingredients separate from the grains helps the quinoa stay fluffy and prevents sogginess.



Substitute ground lamb with ground turkey or chicken, and add 1/2 tsp ground cumin for an extra Mediterranean flavor boost. Swap the lamb meatballs for baked falafel or pan-crisped lemon-herb chickpeas.



Chilled Japanese Scallion Udon Noodle Salad



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 340 kcal | Fat 8g | Cholesterol 0mg |
Sodium 750mg | Carbohydrates 58g | Fiber 4g |
Sugars 5g | Protein 10g

INGREDIENTS

7 oz (200g) dried udon noodles
1 bunch (about 6) scallions (spring onions), thinly sliced
1/2 cup (75g) shelled edamame, thawed
2 tbsp (30ml) low-sodium soy sauce
1 tbsp (15ml) rice vinegar
1 tbsp (15ml) toasted sesame oil
1 tsp (5ml) honey
1 tbsp (9g) toasted sesame seeds

DIRECTIONS

1. Boil the udon noodles until tender but chewy. Drain and submerge in ice-cold water, rubbing to remove excess starch, then drain well.
2. In a small mixing bowl, whisk together the soy sauce, rice vinegar, toasted sesame oil, and honey until smooth and emulsified.
3. Toss the thoroughly chilled noodles with the sliced scallions, edamame, and sesame seeds.
4. Pack the dry noodle mixture tightly into your meal-prep container, then place the edamame and scallions on top. Store the sesame-soy dressing in a separate leak-proof jar and add it before eating.



Top with thinly sliced, cold poached chicken breast, or fold in marinated, baked tofu cubes for a more substantial meal.
Add cucumber or shredded carrots.

SATISFYING GRAIN, BEAN & NOODLE SALADS



Zesty Lemon-Herb Orzo Salad with Tomatoes & Olives



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 380 kcal | Fat 18g | Cholesterol 15mg |
Sodium 520mg | Carbohydrates 45g | Fiber 6g |
Sugars 5g | Protein 10g

INGREDIENTS

1/2 cup (85g) dry orzo pasta
1 cup (150g) cherry tomatoes,
halved
1/4 cup (35g) Kalamata olives, pitted
and sliced
1/2 cup (80g) canned chickpeas,
rinsed and drained
1/4 cup (35g) feta cheese, crumbled
1/4 cup (15g) fresh flat-leaf parsley,
finely chopped
Zest and juice of 1 lemon
2 tbsp olive oil
Salt and black pepper
2 tbsp (30ml) olive oil

DIRECTIONS

1. Bring salted water to a boil, add orzo, and cook according to package directions (8-10 minutes) until al dente. Drain, rinse with cold water, and let cool completely.
2. In a bowl, whisk olive oil, lemon zest, lemon juice, salt, and pepper for the dressing.
3. In a large bowl, combine cooled orzo, cherry tomatoes, Kalamata olives, chickpeas, and parsley. Toss with dressing until evenly coated, then fold in crumbled feta just before packing.



Omit the chickpeas and top the salad with 4 oz (115g) of sliced grilled chicken breast or cold poached shrimp for a lean, animal-protein boost. For extra flavor, add fresh basil or oregano.



Wild Rice & Roasted Sweet Potato Power Bowl



SERVINGS
2



PREP TIME
20 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 410 kcal | Fat 18g | Cholesterol 0mg |
Sodium 210mg | Carbohydrates 58g | Fiber 8g |
Sugars 14g | Protein 7g

INGREDIENTS

1 medium (200g) sweet potato, diced into ½-inch cubes
1 cup (160g) cooked wild rice, cooled
¼ cup (30g) chopped raw pecans
2 tbsp (20g) dried cranberries
2 cups (60g) fresh baby spinach
1 tbsp (15ml) maple syrup
1 tbsp (15ml) apple cider vinegar
1 tsp (5g) Dijon mustard
2 tbsp (15ml) olive oil
Salt and black pepper

DIRECTIONS

1. Preheat your oven to 400°F (200°C). Toss diced sweet potato with 1 tablespoon olive oil, salt, and pepper. Roast on a baking sheet for 15-20 minutes until tender and caramelized, then let cool.
2. Whisk together maple syrup, apple cider vinegar, Dijon mustard, 1 tbsp olive oil, salt, and pepper in a small bowl until smooth.
3. Toast the chopped pecans in a dry skillet over medium heat for 2-3 minutes until fragrant, then remove from heat.
4. Pour vinaigrette into the bottom of your container. Layer cooked wild rice and cooled roasted sweet potatoes, followed by dried cranberries and toasted pecans. Finally, gently pack fresh baby spinach on top. Shake or toss before eating.



To significantly boost the protein macro, fold in ½ cup (80g) of roasted chickpeas, grilled diced chicken breast, or crumbled feta cheese. Use roasted butternut squash instead of sweet potato.



Cold Peanut Noodle Salad with Purple Cabbage



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 385 kcal | Fat 16g | Cholesterol 0mg |
Sodium 490mg | Carbohydrates 46g | Fiber 7g |
Sugars 6g | Protein 15g

INGREDIENTS

4 oz (115g) soba noodles or brown rice noodles
2 cups (140g) shredded purple cabbage
½ cup (75g) shelled edamame, thawed
3 tbsp (45g) peanut butter
2 tbsp (30ml) low-sodium soy sauce
1 tbsp (15ml) rice vinegar
1 tsp (5ml) maple syrup
2 stalks (30g) green onions (scallions), thinly sliced

DIRECTIONS

1. Cook the noodles as directed on the package, then drain and rinse under cold water to stop cooking and remove excess starch.
2. In a small bowl, whisk together peanut butter, soy sauce, rice vinegar, maple syrup, and 1-2 tablespoons of warm water until smooth.
3. To keep noodles crunchy, pour peanut dressing into the bottom of your container. Layer shredded purple cabbage over it as a moisture barrier, then add shelled edamame. Place cold noodles and sliced green onions on top. Seal tightly. When ready to eat, invert and shake or toss to mix.



Replace the edamame with ½ cup (70g) of shredded cooked chicken breast, roasted chickpeas, or firm pan-seared tofu cubes. Use sunflower seed butter instead of peanut butter.



Cold Lentil & Caramelized Onion Mujadara Salad



SERVINGS
2



PREP TIME
20 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 380 kcal | Fat 12g | Cholesterol 0mg |
Sodium 320mg | Carbohydrates 54g | Fiber 11g |
Sugars 6g | Protein 14g

INGREDIENTS

1 cup (190g) cooked brown lentils
(rinsed and drained if canned)
1 cup (160g) cooked brown rice
2 large (300g) yellow onions,
thinly sliced
1 tsp (2g) ground cumin
2 cups (60g) fresh baby spinach
1 medium (45ml) lemon, juiced
1/4 cup (15g) fresh flat-leaf
parsley, roughly chopped
1 tbsp (15 ml) olive oil
Salt and black pepper

DIRECTIONS

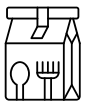
1. Heat 1 tablespoon of olive oil in a skillet over medium heat. Add sliced yellow onions and a pinch of salt, cooking for 15-18 minutes until caramelized and golden brown.
2. Stir ground cumin into warm onions for 60 seconds until fragrant, then remove from heat to cool slightly.
3. Combine cooked lentils, brown rice, parsley, lemon juice, caramelized onions, and black pepper in a bowl. Toss to mix.
4. Layer fresh baby spinach at the bottom of your meal prep container, then add the lentil, rice, and onion mixture on top to keep the greens from getting soggy while letting the grains soak in the lemon juice and cumin oils.



To elevate the Mediterranean profile, pack a small side container of plain unsweetened coconut yogurt or dairy-free tzatziki to mix in right before eating. If you prefer animal protein, reduce the lentils by half and top the salad with 3 oz (85g) of sliced grilled chicken breast or a hard-boiled egg.



Mediterranean Pearl Couscous with Roasted Peppers & Spinach



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 385 kcal | Fat 16g | Cholesterol 0mg |
Sodium 490mg | Carbohydrates 46g | Fiber 7g |
Sugars 6g | Protein 15g

INGREDIENTS

1/2 cup (80g) dry pearl couscous
1/2 cup (100g) jarred roasted red peppers, drained and chopped
2 cups (60g) fresh baby spinach, roughly chopped
1/2 cup (80g) canned chickpeas, rinsed and drained
1/4 cup (35g) feta cheese, crumbled
2 tbsp (30ml) fresh lemon juice
2 tbsp (18g) toasted pine nuts (or sunflower seeds)
1 tbsp (15 ml) olive oil
Salt and black pepper

DIRECTIONS

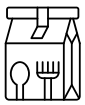
1. In a saucepan, boil 1 cup of lightly salted water. Add pearl couscous, reduce heat, cover, and simmer for 10-12 minutes until tender. Drain excess liquid, toss with half of the olive oil, and cool completely.
2. In a medium bowl, whisk together fresh lemon juice, olive oil, salt, and black pepper for a quick dressing. Toss in chopped roasted red peppers and chickpeas to absorb the flavors.
3. Layer the dressed chickpeas and roasted red peppers with their liquid at the bottom of your lunch container. Add a layer of cooled pearl couscous on top, followed by crumbled feta cheese and toasted pine nuts. Pack fresh baby spinach loosely on top to keep it from getting soggy. Shake or stir before eating.



Swap the feta cheese for kalamata olives or marinated artichoke hearts. Replace the pearl couscous with cooked quinoa, millet, or sorghum. Trade the chickpeas for sliced grilled chicken breast, baked tofu cubes, or white cannellini beans.



Earthy Barley & Mushroom Cold Salad



SERVINGS
2



PREP TIME
20 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 340 kcal | Fat 18g | Cholesterol 0mg |
Sodium 280mg | Carbohydrates 40g | Fiber 9g |
Sugars 4g | Protein 8g

INGREDIENTS

3/4 cup (150g) quick-cooking pearl barley
8 oz (225g) cremini mushrooms, sliced
1 clove (3g) garlic, minced
1/4 cup (40g) red onion, finely diced
2 tbsp (30ml) fresh lemon juice
1 tsp (5g) Dijon mustard
1/2 cup (30g) fresh flat-leaf parsley, roughly chopped
1/4 cup (30g) toasted walnuts, chopped
2 tbsp (30 ml) olive oil
Salt and black pepper

DIRECTIONS

1. Cook quick-cooking pearl barley in salted boiling water until tender, then drain and rinse with cold water. In a skillet, heat 1 tbsp of olive oil over medium-high heat. Brown sliced mushrooms for 3 minutes, then add minced garlic and cook for 1 more minute; let cool.
2. In a bowl, whisk together lemon juice, Dijon mustard, 1 tbsp olive oil, salt, and black pepper to create an emulsion. Add cooled barley, mushrooms, and diced red onion, tossing to combine.
3. Layer the dressed barley and mushroom mixture at the bottom of an airtight container to enhance flavor without sogginess. Store fresh parsley and chopped walnuts separately, adding them to the salad just before eating to maintain their freshness and crunch.



Smashed Chickpea & Celery No-Mayo Salad



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 280 kcal | Fat 12g | Cholesterol 0mg |
Sodium 320mg | Carbohydrates 32g | Fiber 9g |
Sugars 4g | Protein 11g

INGREDIENTS

1.5 cups (250g) chickpeas, canned or cooked (rinsed and drained)
1 cup (100g) celery stalks, finely diced
1/4 cup (40g) red onion, finely diced
2 tbsp (30g) tahini
2 tbsp (30ml) fresh lemon juice
2 tbsp (10g) fresh dill, finely chopped
1 tsp (5g) Dijon mustard
Salt and black pepper, to taste
Optional: drizzle of olive oil

DIRECTIONS

1. In a bowl, mix drained chickpeas, tahini, lemon juice, and Dijon mustard. Use a fork or masher to roughly smash the chickpeas, leaving some chunks for texture.
2. Fold in the diced celery, red onion, and dill. Season with sea salt, black pepper, and a drizzle of olive oil, mixing until well combined.
3. Pack the smashed chickpea salad tightly in a glass container to retain moisture and shape. To avoid sogginess, store your vehicle of choice (lettuce cups, wraps, or crackers) separately in a dry compartment or silicone bag, assembling just before eating.



To keep this recipe keto-friendly or low-carb, scoop the salad into hollowed-out bell pepper halves or cucumber boats.

Replace the chickpeas with 1.5 cups (250g) of drained cannellini beans for a softer texture, or use shredded cooked chicken breast bound with a little extra olive oil.



Grab-and-Go Cranberry Goat Cheese Farro Bowl



SERVINGS
2



PREP TIME
20 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 410 kcal | Fat 16g | Cholesterol 15mg |
Sodium 220mg | Carbohydrates 58g | Fiber 8g |
Sugars 12g | Protein 12g

INGREDIENTS

1/2 cup (100g) semi-pearled farro
1/4 cup (30g) dried cranberries
(unsweetened preferred)
2 oz (55g) crumbled goat cheese
2 cups (60g) fresh baby arugula
or spinach
1/4 cup (30g) chopped walnuts
or pecans
1 tbsp (15ml) fresh lemon juice
1 tsp (5ml) maple syrup
1 tbsp (15ml) olive oil
Salt and black pepper, to taste

DIRECTIONS

1. Rinse the farro under cold water. In a medium saucepan, bring 1.5 cups of water to a boil with a pinch of salt. Add the farro, reduce to a simmer, cover, and cook for 15-20 minutes until tender. Drain excess liquid and let cool.
2. Whisk together fresh lemon juice, maple syrup, 1 tbsp olive oil, and a pinch of black pepper for a quick vinaigrette.
3. To maintain the perfect texture for a cold lunch, pack your container as follows: pour vinaigrette at the bottom, add cooked, cooled farro as a barrier, then scatter dried cranberries and chopped nuts. Pile fresh arugula or spinach on top, finishing with goat cheese to prevent it from melting. Shake well before eating.



Swap farro for quinoa or rice.

For a more protein-dense meal, fold in 1/2 cup (70g) of roasted chickpeas, edamame, or leftover shredded chicken breast.



Mediterranean White Bean & Rosemary Tuna Salad



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 315 kcal | Fat 11g | Cholesterol 25mg |
Sodium 480mg | Carbohydrates 27g | Fiber 9g |
Sugars 2g | Protein 28g

INGREDIENTS

1 can (15 oz / 425g) cannellini beans, rinsed and drained
1 can (5 oz / 140g) tuna in water, drained
¼ cup (40g) red onion, finely diced
½ cup (50g) celery, finely diced
½ cup (75g) cherry tomatoes, halved
1 tbsp (3g) fresh rosemary, finely chopped
2 tbsp (30ml) fresh lemon juice
1 tbsp (15ml) olive oil
Salt and black pepper, to taste

DIRECTIONS

1. Rinse cannellini beans under cold water until clear, then let them dry slightly to avoid a watery salad.
2. Flake the drained tuna in a medium bowl. Add cannellini beans, red onion, fresh rosemary, and lemon juice. Drizzle with olive oil and season with salt and pepper. Fold gently until combined.
3. Divide the bean-and-tuna mixture into two airtight containers, packing it firmly. Layer diced celery and halved cherry tomatoes on top to keep the beans from getting soggy. Shake or stir before eating.



Add chopped Kalamata olives, marinated artichoke hearts, or a sprinkle of crumbled feta for a briny, savory finish. Spoon the salad into a tortilla or pita with fresh greens for an easy portable lunch. Add a chopped hard-boiled egg or swap the tuna for canned salmon for additional omega-3 fats.

Pesto Pasta Salad with Pine Nuts & Parmesan



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 4 days (refrigerated)

Nutritional Information (per serving):

Calories 480 kcal | Fat 22g | Cholesterol 15mg | Sodium 340mg | Carbs 55g | Fiber 5g | Sugars 3g | Protein 16g

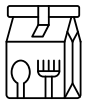
INGREDIENTS

4 oz (115g) whole wheat or chickpea rotini
3 tbsp (45g) basil pesto
2 tbsp (18g) pine nuts, toasted
¼ cup (25g) grated Parmesan cheese
1 cup (150g) cherry tomatoes, halved
2 cups (60g) baby spinach
1 tbsp (30ml) fresh lemon juice

DIRECTIONS

1. Boil lightly salted water and cook the rotini pasta until **al dente**. Drain and rinse under cold water to stop the cooking and cool the pasta.
2. In a medium bowl, whisk basil pesto with lemon juice. Add cooled pasta and halved cherry tomatoes, tossing gently to coat everything.
3. Place fresh baby spinach at the bottom of your meal-prep container. Layer pesto-coated pasta and tomatoes on top, then sprinkle grated Parmesan and toasted pine nuts to keep them from getting soggy.

Sweet Chilli & Lime Glazed Cold Noodle Bowl



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 3 days (refrigerated)



Nutritional Information (per serving):

Calories 385 kcal | Fat 8g | Cholesterol 65mg | Sodium 590mg | Carbs 48g | Fiber 4g | Sugars 10g | Protein 28g

INGREDIENTS

6 oz (170g) cooked chicken breast, shredded
3 oz (85g) dry rice vermicelli noodles
2 tbsp (30ml) sweet chilli sauce
2 tbsp (30ml) fresh lime juice
1 tbsp (15ml) low-sodium soy sauce
½ cup (60g) shredded carrots
½ cup (50g) thinly sliced cucumber
1 tbsp (9g) sesame seeds

DIRECTIONS

1. Cook the rice vermicelli noodles according to the package instructions. Rinse under ice-cold water to stop cooking and prevent sticking. Drain well.
2. In a small bowl, whisk the sweet chili sauce, lime juice, and soy sauce. Toss shredded chicken with half of the mixture to glaze and season.
3. Divide chilled noodles into two containers. Top with carrots, cucumber, and glazed chicken. Sprinkle with sesame seeds.
4. Store the leftover sweet chili-lime dressing in a leak-proof container and drizzle over the noodles just before serving to keep the vegetables crisp.

5-MINUTE DRESSINGS, DIPS & CRUNCH BOOSTERS



Cashew Caesar Dressing



Nutritional Info (per serving):

Calories 112 kcal | Fat 8g |
Cholesterol 0mg | Sodium 215mg |
Carbs 7g | Fiber 1g | Sugars 1g |
Protein 4g

INGREDIENTS

1/4 cup (35g) raw cashews,
soaked in hot water for 15
minutes and drained
2 tbsp (30ml) lemon juice
1 tbsp (15g) capers, drained
1 tbsp (5g) nutritional yeast
1 tsp (5g) Dijon mustard
1 small garlic clove (3g)
3 tbsp (45ml) water
Salt and black pepper,
to taste

DIRECTIONS

1. Add the soaked cashews, lemon juice, capers, nutritional yeast, Dijon mustard, garlic, and water to a high-speed blender or small food processor.
2. Blend for 60–90 seconds until completely smooth and creamy, stopping to scrape down the sides as needed. Add extra water, 1 teaspoon at a time, until the dressing reaches your preferred consistency.
3. Season with salt and black pepper to taste, then blend briefly once more to fully incorporate the seasoning.



This dressing doubles beautifully as a dip for roasted vegetables, a sandwich spread, or a sauce for grain bowls. Add 1/2 tsp (2g) white miso paste or a pinch of garlic granules for a deeper savory flavor.

Spicy Sriracha Greek Yogurt Power Dip



Nutritional Info (per serving):

Calories 90 kcal | Fat 2g |
Cholesterol 5mg | Sodium
210mg | Carbs 6g | Fiber 0g |
Sugars 4g | Protein 11g



INGREDIENTS

1 cup (240g) plain Greek yogurt
(low-fat or non-fat)
1 tbsp (15ml) sriracha sauce
1 tsp (5ml) fresh lime juice
1/2 tsp (2g) garlic powder
1 tbsp (3g) fresh chives, finely chopped
2 cups (250g) mixed raw vegetable
sticks (celery, carrots, cucumber, or
bell peppers)

DIRECTIONS

1. In a medium bowl, whisk together the Greek yogurt, sriracha, lime juice, garlic powder, and a small pinch of salt until smooth and evenly blended.
2. Fold in the fresh chives and refrigerate for at least 10 minutes to allow the flavors to meld.
3. Spoon the dip into a leak-proof condiment container and store separately from the vegetables to maintain maximum crispness and freshness.

Tangy Apple Cider & Honey Tonic Dressing



Nutritional Info (per serving):

Calories 75 kcal | Fat 7g |
Cholesterol 0mg | Sodium 45mg |
Carbs 3g | Fiber 0g | Sugars 3g |
Protein 0g

INGREDIENTS

2 tbsp (30ml) olive oil
2 tbsp (30ml) raw apple cider vinegar
2 tsp (10g) raw honey
1 tsp (5g) Dijon mustard
1/2 tsp (1g) garlic powder
1/4 tsp (0.5g) ground ginger
Salt and black pepper, to taste

DIRECTIONS

1. In a small jar or bowl, whisk together apple cider vinegar, raw honey, Dijon mustard, garlic powder, and ground ginger until combined.
2. Drizzle in olive oil while whisking until smooth and emulsified. Season with salt and pepper to taste.
3. Store the dressing in a leakproof jar separate from meal-prep containers. When making a mason jar salad, pour the dressing in first, then add sturdy vegetables like carrots or cucumbers to keep the greens crisp.



Add 1 tsp (5g) whole-grain mustard or a pinch of cinnamon for extra warmth and depth. Drizzle over kale salads, roasted sweet potato bowls, or shredded Brussels sprouts for a tangy, slightly sweet finish.

Anti-Inflammatory Golden Turmeric & Ginger Dressing



Nutritional Info (per serving):

Calories 105 kcal | Fat 9g |
Cholesterol 0mg | Sodium 115mg |
Carbs 5g | Fiber 1g | Sugars 3g |
Protein 2g



INGREDIENTS

1 tsp (5g) fresh ginger, finely grated
1/2 tsp (1.5g) ground turmeric
2 tbsp (30ml) fresh lemon juice
1 tbsp (15g) tahini
1 tsp (5ml) pure maple syrup
1 small garlic clove (3g), minced
1 tbsp (15ml) extra-virgin olive oil
1 to 2 tbsp (15–30ml) cold water
Pinch of salt and black pepper

DIRECTIONS

1. In a small jar or bowl, combine the grated ginger, turmeric, lemon juice, tahini, maple syrup, and garlic.
2. Add the olive oil, sea salt, and black pepper. Whisk vigorously or shake until smooth and creamy, gradually adding cold water until the dressing reaches your preferred consistency.



Blend in 1 tbsp (15g) Greek yogurt or mashed avocado for a richer texture. Swap the tahini for sunflower seed butter for a similarly creamy consistency. Pair with roasted cauliflower, quinoa bowls, kale salads, or grilled salmon for a vibrant flavor boost.



Everything Bagel Savory Seed & Nut Mix



SERVINGS
4



STORAGE
Up to 14 days
(refrigerated)

Nutritional Info (per serving):

Calories 215 kcal | Fat 17g |
Cholesterol 0mg | Sodium
290mg | Carbs 9g | Fiber 4g |
Sugars 1g | Protein 8g

INGREDIENTS

1/4 cup (35g) raw almonds,
roughly chopped
1/4 cup (30g) pumpkin seeds
(pepitas)
2 tbsp (18g) white sesame
seeds
1 tbsp (9g) black sesame
seeds
1 tbsp (9g) poppy seeds
1 tbsp (9g) dried minced garlic
1 tbsp (9g) dried minced onion
1 tsp (5ml) olive oil
Pinch of coarse sea salt

DIRECTIONS

1. Heat a small dry skillet over medium-low heat. Add the almonds, pumpkin seeds, and sesame seeds, stirring continuously for 3 to 4 minutes until lightly toasted and fragrant.
2. Remove from the heat immediately and stir in the poppy seeds, dried garlic, dried onion, olive oil, and a pinch of salt. Toss thoroughly so the residual warmth coats the seasonings evenly over the seed mixture.
3. Spread the mixture onto a plate or parchment-lined tray and allow it to cool completely before storing.
4. Transfer the cooled mix into a dry airtight container. Keep it separate from dips, yogurt, or fresh produce until serving to preserve the crunchy texture.

Tangy Quick-Pickled Red Onions



SERVINGS
6



STORAGE
Up to 14 days
(refrigerated)

Nutritional Info (per serving):

Calories 35 kcal | Fat 0g |
Cholesterol 0mg | Sodium 290mg |
Carbs 8g | Fiber 1g | Sugars 6g |
Protein 1g



INGREDIENTS

1 medium (150g) red onion,
very thinly sliced
1/2 cup (120ml) apple cider
vinegar
1/2 cup (120ml) water
1 tbsp (15g) maple syrup
1 garlic clove (3g), smashed
1/2 tsp (1g) red pepper flakes
1/2 tsp (3g) fine sea salt
1/4 tsp (1g) whole black
peppercorns

DIRECTIONS

1. Thinly slice the red onion using a sharp chef's knife or mandoline for an evenly pickled texture and flavor.
2. In a small saucepan, combine the apple cider vinegar, water, maple syrup, and sea salt. Heat gently until the salt dissolves and the liquid is steaming but not boiling.
3. Pack the sliced onions, garlic, red pepper flakes, and peppercorns tightly into a clean glass jar. Pour the warm vinegar mixture over the onions, fully submerging them.
4. Allow the onions to cool at room temperature for 20 to 30 minutes before sealing and refrigerating.
5. For grab-and-go lunches, portion the onions into a separate leak-proof condiment container to prevent excess moisture from softening wraps, sandwiches, or salad greens.

AFTERNOON SLUMP STOPPERS (DESSERTS)



High-Fiber Spiced Carrot Cake Oatmeal Squares



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 175 kcal | Fat 7g | Cholesterol 85mg |
Sodium 120mg | Carbohydrates 23g | Fiber 4g |
Sugars 8g | Protein 6g

INGREDIENTS

1/2 cup (45g) rolled oats
1/4 tsp baking powder
1/2 tsp ground cinnamon
Pinch of ground nutmeg and salt
1/3 cup (45g) carrots, peeled and finely grated
2 tbsp (15g) walnuts or pecans, chopped
1/3 cup (80ml) unsweetened almond milk
1 small egg (or 2 tbsp / 30g applesauce for vegan)
1 tbsp (15ml) pure maple syrup
1/4 tsp vanilla extract

DIRECTIONS

1. Preheat your oven to 350°F (175°C). Lightly grease a small ramekin (about 1.5 cups / 350ml capacity) or a mini loaf pan.
2. In a small bowl, whisk together the rolled oats, baking powder, cinnamon, nutmeg, and sea salt.
3. Stir in the almond milk, egg, maple syrup, and vanilla extract until well combined.
4. Fold in the grated carrots and chopped walnuts.
5. Pour the mixture into the prepared dish and bake for 15-18 minutes, or until the center is set.
6. Let it cool completely, then slice it in half to create two squares.
7. To prevent sogginess, wrap the completely cooled squares tightly in unbleached parchment paper.



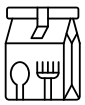
Swap the grated carrots for grated zucchini (make sure to squeeze out the excess water first).

Boost the Protein: Stir in 1 tbsp (7g) of unflavored or vanilla protein powder or collagen peptides into the dry ingredients.

Swap the walnuts for pumpkin seeds (pepitas) or sunflower seeds.



Flourless Tahini & Dark Chocolate Blondies



SERVINGS
2



PREP TIME
5 min



STORAGE
Up to 5 days
(refrigerated)

Nutritional Information (per serving):

Calories 215 kcal | Fat 15g | Cholesterol 90mg |
Sodium 110mg | Carbohydrates 14g | Fiber 2g |
Sugars 9g | Protein 6g

INGREDIENTS

3 tbsp (45g) smooth, well-stirred tahini (sesame paste)
1 tbsp (15g) coconut sugar (or maple syrup)
1 small egg yolk (room temperature)
1/4 tsp vanilla extract
1/8 tsp baking soda
Pinch of flaky sea salt
1 tbsp (15g) dark chocolate chips (70% cacao or higher)

DIRECTIONS

1. Preheat your oven to 350°F (175°C). Line a small oven-safe ramekin or mini baking dish with a strip of parchment paper for easy removal.
2. In a small mixing bowl, whisk together the tahini, coconut sugar, egg yolk, and vanilla extract until thick and glossy.
3. Sprinkle the baking soda and sea salt over the top and gently fold them in.
4. Fold in the dark chocolate chips.
5. Spread the batter evenly into your prepared dish. Bake for 12 to 15 minutes until the edges are just set (the center will look slightly soft).
6. Let the blondie cool entirely in the pan for at least 30 minutes before lifting it out and slicing it in half.



If you dislike the earthy taste of tahini, substitute it with an equal amount of smooth almond butter or cashew butter. Sprinkle a teaspoon of white sesame seeds or crushed pistachios on top before baking.



5-Minute Matcha Pistachio Vegan Energy Bites



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 7 days
(refrigerated)

Nutritional Information (per serving):

Calories 195 kcal | Fat 11g | Cholesterol 0mg |
Sodium 40mg | Carbohydrates 19g | Fiber 3g |
Sugars 7g | Protein 6g

INGREDIENTS

1/4 cup (25g) rolled oats
2 tbsp (15g) shelled pistachios
1/2 tsp culinary-grade matcha powder
2 tbsp (30g) cashew butter (or almond butter)
1 tbsp (15ml) pure maple syrup (or raw honey)
1/8 tsp vanilla extract
Pinch of sea salt

DIRECTIONS

1. Pulse the rolled oats and pistachios in a small food processor until they form a coarse meal.
2. Combine the oat mixture with matcha powder, cashew butter, maple syrup, vanilla extract, and sea salt in a mixing bowl.
3. Mix everything with a sturdy spoon or your hands until it forms a sticky dough. If too dry, add 1/2 teaspoon of water.
4. Divide the dough into 4 equal pieces, then roll each piece between your palms to form smooth, bite-sized balls.
5. Refrigerate for at least 20 minutes to firm up.
6. Keep these bites in a small, hard-sided container in the fridge to maintain their shape. Use an ice pack in your lunch bag to keep them cool and avoid squishing from heavier items.



If you are sensitive to caffeine in the afternoon, swap the matcha powder for an equal amount of raw cacao powder to make chocolate pistachio bites. Roll the finished, sticky energy bites in unsweetened desiccated coconut or hemp seeds for a protective outer layer.

Golden Turmeric & Ginger Chia Pudding Jars



SERVINGS
2



PREP TIME
5 min



STORAGE
Up to 5 days (refrigerated)

Nutritional Information (per serving):

Calories 165 kcal | Fat 9g | Cholesterol 0mg | Sodium 45mg | Carbs 17g | Fiber 8g | Sugars 6g | Protein 4g

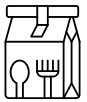
INGREDIENTS

1/4 cup (40g) chia seeds
1 cup (240ml) unsweetened coconut milk or almond milk
1 tsp (3g) ground turmeric
1/4 tsp (1g) ground ginger
1 pinch black pepper
1 tbsp (15ml) pure maple syrup
1/4 tsp vanilla extract
2 tbsp (10g) unsweetened toasted coconut flakes (for topping)

DIRECTIONS

1. In a bowl, whisk the coconut milk, turmeric, ginger, pepper (crucial to activate the curcumin in turmeric), maple syrup, and vanilla until smooth.
2. Whisk in the chia seeds and let sit for 3 minutes. Whisk again to prevent clumping.
3. Divide the liquid into two jars, seal, and refrigerate for at least 2 hours or overnight until thick.
4. Pack toasted coconut flakes in a dry container or small silicone bag. Sprinkle them on the chia pudding just before eating to keep them crisp.

Cardamom-Spiced Ricotta & Fresh Fig Bowls



SERVINGS
2



PREP TIME
5 min



STORAGE
Up to 3 days (refrigerated)

Nutritional Information (per serving):

Calories 175 kcal | Fat 10g | Cholesterol 30mg | Sodium 65mg | Carbs 15g | Fiber 2g | Sugars 11g | Protein 8g

INGREDIENTS

1/2 cup (120g) whole milk ricotta cheese
1/4 tsp ground cardamom
1/4 tsp vanilla extract
1 tsp (5ml) raw honey
2 fresh figs, stemmed and quartered
1 tbsp (8g) shelled pistachios, roughly chopped

DIRECTIONS

1. In a small bowl, whisk ricotta cheese, ground cardamom, vanilla extract, and honey until light and airy, about 60 seconds.
2. Divide the whipped, spiced ricotta evenly into two small meal-prep jars or tight-sealing containers.
3. Gently press the quartered fresh figs into the ricotta.
4. The ricotta and figs can be stored together in the fridge for up to three days. To keep pistachios crunchy, store them in a separate container and sprinkle them on just before serving.





Chocolate Avocado Mousse Jar



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days (refrigerated)

Nutritional Information (per serving):

Calories 220 kcal | Fat 16g | Cholesterol 0mg | Sodium 75mg | Carbs 18g | Fiber 8g | Sugars 7g | Protein 3g

INGREDIENTS

1 large (5 oz / 150g) ripe avocado, pitted and peeled
 1/4 cup (25g) cocoa powder
 2 tbsp (30ml) pure maple syrup
 2 tbsp (30ml) unsweetened almond milk
 1/2 tsp vanilla extract
 1 pinch of sea salt
 1 tbsp (15g) raw cacao nibs or dark chocolate shavings (for topping)

DIRECTIONS

1. Combine avocado, cocoa powder, maple syrup, almond milk, vanilla extract, and salt in a food processor or blender.
2. Blend on high for 60-90 seconds, scraping the sides, until smooth and airy.
3. Divide the chocolate mousse evenly between two small meal-prep jars (4 oz / 120ml size is perfect).
4. This mousse keeps its shape in the fridge. Store it in a sealed jar and keep the cacao nibs in a separate dry container. Sprinkle the nibs on top just before eating.

Raw Salted Caramel Pecan "Turtle" Energy Bites



SERVINGS
2



PREP TIME
15 min



STORAGE
Up to 7 days (refrigerated)

Nutritional Information (per serving):

Calories 180 kcal | Fat 12g | Cholesterol 0mg | Sodium 110mg | Carbs 20g | Fiber 3g | Sugars 15g | Protein 2g



INGREDIENTS

4 large (2.5 oz / 70g) Medjool dates, pitted
 1/4 cup (30g) raw pecans, finely chopped
 1 tbsp (15g) dark chocolate chips (mini chips work best)
 1/2 tsp vanilla extract
 1/4 tsp coarse sea salt (flaky salt is ideal)

DIRECTIONS

1. Make sure your Medjool dates are soft. If they're hard or dry, soak in hot water for 5 minutes, then drain and pat dry.
2. Blend the pitted dates and vanilla extract in a food processor or mash with a fork until a thick, sticky paste forms.
3. Combine the chopped pecans, dark chocolate chips, and coarse sea salt with the date paste using a spatula or your hands.
4. Divide the sticky mixture into 4 equal portions and roll each into a smooth ball between your palms.
5. Refrigerate the bites for at least 30 minutes to firm them up.



No-Bake Berry Cheesecake Parfait Jars



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 250 kcal | Fat 14g | Cholesterol 5mg |
Sodium 60mg | Carbohydrates 15g | Fiber 3g |
Sugars 10g | Protein 14g

INGREDIENTS

1 cup (225g) plain full-fat Greek yogurt (or blended cottage cheese)
1 tbsp (15ml) raw honey or agave nectar
1/2 tsp vanilla extract
1/2 tsp fresh lemon zest
1/4 cup (30g) almond flour
1 tbsp (15ml) coconut oil, melted
1/2 cup (75g) mixed fresh berries (raspberries or blueberries)

DIRECTIONS

1. In a medium bowl, whisk together Greek yogurt, honey, vanilla extract, and lemon zest until smooth.
2. In a small bowl, mix almond flour, melted coconut oil, and a pinch of salt with a fork until it resembles crumbly wet sand (this is your "graham cracker" crust).
3. Use a fork to lightly mash the mixed berries just enough to release some of their natural juices.
4. To avoid a soggy crust, reverse the cheesecake layers: put mashed berries at the bottom, add the yogurt cheesecake mixture on top, and finish with a sprinkle of almond flour crumble. Seal and refrigerate.



If you cannot use almond flour, crush 2 tablespoons of toasted sunflower seeds or use rolled oats mixed with the coconut oil.
If fresh berries are out of season, use thawed frozen berries or a tablespoon of low-sugar cherry preserves.
Extra Fiber: Stir 1 teaspoon of chia seeds into the mashed berries.



No-Bake Coconut & Almond "Bounty" Protein Bars



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 7 days
(refrigerated)

Nutritional Information (per serving):

Calories 260 kcal | Fat 22g | Cholesterol 0mg |
Sodium 70mg | Carbohydrates 15g | Fiber 4g |
Sugars 10g | Protein 3g

INGREDIENTS

1/2 cup (40g) unsweetened shredded coconut
1 tbsp (15ml) coconut oil, melted
1 tbsp (15ml) pure maple syrup (or liquid monk fruit sweetener)
1/2 tsp vanilla extract
1 tbsp (15g) almond flour
1 oz (28g) dark chocolate (75% cacao or higher), roughly chopped
1/4 tsp coconut oil (for melting with chocolate)
Pinch of flaky sea salt

DIRECTIONS

1. In a small bowl, mix shredded coconut, melted coconut oil, maple syrup, vanilla extract, and almond flour until it holds together when pressed.
2. Shape the mixture into two compact rectangular bars, place on parchment paper, and freeze for 10 minutes to set.
3. Melt dark chocolate and 1/4 tsp coconut oil in the microwave in 20-second bursts, stirring until smooth.
4. Take the frozen coconut bars out, dip the bottoms in melted chocolate, or drizzle it on top. Sprinkle with flaky sea salt.
5. Return to the fridge for 10 minutes to allow the chocolate to harden.



Omit the almond flour and replace it with an extra 1 tbsp (5g) of shredded coconut or oat flour.
Add 1/4 tsp of almond extract or fresh lime zest to the coconut mixture for a bright, zesty profile.



No-Bake Peanut Butter & Banana Oat "Cookies"



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 3 days
(refrigerated)

Nutritional Information (per serving):

Calories 245 kcal | Fat 15g | Cholesterol 0mg |
Sodium 5mg | Carbs 22g | Fiber 4g | Sugars 6g |
Protein 9g

INGREDIENTS

1/2 medium ripe banana, heavily
mashed
1/4 cup (60g) natural peanut
butter (unsweetened)
1/2 cup (45g) rolled oats
1/4 tsp ground cinnamon
1 tbsp (15g) dark chocolate
chips (optional)

DIRECTIONS

1. In a medium bowl, mash the ripe banana with a fork until it is almost completely liquid.
2. Stir in the natural peanut butter and ground cinnamon until smooth and well combined.
3. Fold in the rolled oats and dark chocolate chips. The mixture should be thick and slightly sticky.
4. Divide the dough into 4 equal portions, then press each into a thick cookie shape. Place them on a plate and refrigerate for 20 minutes to firm up.
5. Pack these cookies in a dry compartment of your lunchbox. They are sturdy enough to sit at room temperature for a few hours, but keeping them cool maintains their chewy texture.



Swap the peanut butter for sunflower seed butter (SunButter).
Extra Protein: Stir in 1 tbsp (10g) of hemp hearts or chia seeds with the oats.
Add a tiny pinch of ground nutmeg or clove along with the cinnamon.



High-Protein Espresso Tiramisu Jar



SERVINGS
2



PREP TIME
10 min



STORAGE
Up to 4 days
(refrigerated)

Nutritional Information (per serving):

Calories 180 kcal | Fat 3g | Cholesterol 10mg |
Sodium 350mg | Carbohydrates 22g | Fiber 1g |
Sugars 12g | Protein 15g

INGREDIENTS

1 cup (225g) cottage cheese
(or plain Greek yogurt)
1 tbsp (15ml) pure maple syrup
or honey
1/2 tsp vanilla extract
1/4 cup (60ml) strong brewed
coffee or espresso, completely
cooled
4 squares of plain graham
crackers (or 2 plain rice cakes)
1 tsp (2g) unsweetened cocoa
powder (for dusting)

DIRECTIONS

1. Combine cottage cheese, maple syrup, and vanilla extract in a food processor or blender. Blend for 60 seconds until smooth.
2. Pour cold espresso into a shallow bowl. Quickly dip a graham cracker (or rice cake) into cold espresso for 1-2 seconds to absorb the coffee without falling apart.
3. Layer a coffee-soaked cracker at the bottom of a small meal-prep jar (4 oz to 6 oz / 120-180ml), then add a thick layer of whipped cottage cheese. Repeat the layers, finishing with cream on top.
4. Use a small sieve to dust the top generously with cocoa powder.
5. Seal the jar tightly. This dessert tastes better on days 2 or 3 as the coffee infuses into the cream.



Helpful Tips: Caffeine-Free: Dip the crackers in cold, strong-brewed decaf coffee or unsweetened almond milk mixed with a dash of cocoa powder. Add a tiny pinch of cinnamon or nutmeg to the coffee before dipping the crackers.

CONCLUSION: BEYOND THE LUNCHBOX

When you first opened this book, you were likely looking for a few new recipes to break up the monotony of your workday lunches. But by now, you have probably realized that the "grab-and-go" method is about much more than just food.

It is about reclaiming your time, your energy, and your autonomy.

For years, we have been sold a version of healthy eating that feels like a second job. We were told that being healthy meant spending our entire Sunday cooking, weighing, and measuring. We were told that a good meal had to be served piping hot, chaining us to the nearest microwave and leaving us exhausted by 3:00 PM.

You now have the tools to completely reject that narrative.

By embracing the cold meal, you have hacked your digestion, stabilized your blood sugar, and freed yourself from the midday crash. But more importantly, you have built a system that actually fits into a busy, unpredictable life.

As you close this book and continue your meal-prep journey, I want you to carry these three core philosophies with you:

1. Choose Flexibility Over Perfection

The Mix-and-Match Matrix is a living, breathing system. If a recipe calls for quinoa and you only have brown rice, swap it. If you are out of chicken, open a can of chickpeas. Do not let the lack of a single ingredient derail your healthy eating. The beauty of this system is that it bends to fit your life; your life does not have to bend to fit a rigid meal plan.

2. Prioritize Satiety Over Restriction

This is not a diet book, and these are not sad, restrictive diet meals. To maintain your focus and energy, your brain needs healthy fats, complex carbohydrates, and high-quality protein. Never be afraid to add that extra drizzle of olive oil, the scoop of tahini, or the handful of toasted pecans. When your meals are deeply satisfying, the temptation to hit the vending machine completely disappears.

3. Consistency Always Beats Complexity

The secret to lifelong health isn't making perfectly plated, complicated meals for a week; it is making simple, nourishing meals for a lifetime. Stick to your 15-minute micro-prep. Keep a jar of universal dressing and a batch of cooked grains in your fridge. When you make the healthy choice the easiest choice, consistency happens on autopilot.

The New Normal

Tomorrow morning, you aren't going to scramble to figure out what to eat. You are going to open your fridge, grab a beautifully layered jar or a tightly wrapped sandwich that you assembled in three minutes, and walk out the door.

When lunchtime hits, you won't wait in line for the microwave. You won't settle for a wilted salad or an overpriced deli sandwich. You are going to sit down, open your container, and enjoy a vibrant, crunchy, chef-quality meal exactly where you are—whether that is at your desk, in your car, or on a park bench.

You have the system. You have the recipes. Now, go conquer your day.

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