

Meal Ideas: Lunch



Chicken Caesar Wrap

Ingredients:

- 1 whole wheat tortilla
- 1 cup cooked chicken breast, sliced
- 1 cup romaine lettuce, chopped
- 2 tablespoons Caesar dressing
- 2 tablespoons grated Parmesan cheese
- Optional: croutons for extra crunch

Instructions:

- Lay the tortilla flat and spread the Caesar dressing evenly.
 - Add the chicken, lettuce, and Parmesan cheese.
 - Roll up the tortilla tightly and slice in half.
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Quinoa Salad

Ingredients:

- 1 cup cooked quinoa
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup feta cheese, crumbled
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- In a large bowl, combine the quinoa, tomatoes, cucumber, red onion, and feta cheese.
 - Drizzle with olive oil and lemon juice.
 - Season with salt and pepper, then toss to combine.
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Turkey and Avocado Sandwich

Ingredients:

- 2 slices whole grain bread
- 4 slices turkey breast
- 1/2 avocado, sliced
- 1/2 cup spinach leaves
- 1 tablespoon mustard or mayo

Instructions:

- Spread mustard or mayo on one slice of bread.
- Layer the turkey, avocado, and spinach on top.
- Top with the second slice of bread and cut in half.

Greek Yogurt Parfait

Ingredients:

- 1 cup Greek yogurt
- 1/2 cup granola
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon honey

Instructions:

- In a bowl or jar, layer the Greek yogurt, granola, and mixed berries.
 - Drizzle with honey.
 - Repeat the layers if desired.
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Hummus and Veggie Pita

Ingredients:

- 1 whole wheat pita bread
- 1/2 cup hummus
- 1/2 cup cucumber, sliced
- 1/2 cup bell pepper, sliced
- 1/4 cup shredded carrots
- 1/4 cup baby spinach

Instructions:

- Cut the pita bread in half to create pockets.
 - Spread hummus inside each pocket.
 - Fill with cucumber, bell pepper, carrots, and spinach.
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Tuna Salad

Ingredients:

- 1 can tuna, drained
- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 celery stalk, diced
- 1/4 cup red onion, finely chopped
- Salt and pepper to taste
- Lettuce leaves or whole grain bread for serving

Instructions:

- In a bowl, combine the tuna, mayonnaise, Dijon mustard, celery, and red onion.
- Season with salt and pepper.

- Serve on lettuce leaves or whole grain bread.
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Caprese Sandwich

Ingredients:

- 2 slices ciabatta bread
- 1/2 cup fresh mozzarella, sliced
- 1 tomato, sliced
- Fresh basil leaves
- 1 tablespoon balsamic glaze
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

- Drizzle olive oil on one slice of bread.
 - Layer the mozzarella, tomato, and basil on top.
 - Drizzle with balsamic glaze and season with salt and pepper.
 - Top with the second slice of bread and cut in half.
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Chicken Salad Lettuce Wraps

Ingredients:

- 1 cup cooked chicken breast, shredded
- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 celery stalk, diced
- 1/4 cup red grapes, halved
- Salt and pepper to taste
- Lettuce leaves for serving

Instructions:

- In a bowl, combine the chicken, mayonnaise, Dijon mustard, celery, and grapes.
 - Season with salt and pepper.
 - Serve in lettuce leaves.
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Veggie and Hummus Wrap

Ingredients:

- 1 whole wheat tortilla
- 1/2 cup hummus
- 1/2 cup cucumber, sliced
- 1/2 cup bell pepper, sliced

- 1/4 cup shredded carrots
- 1/4 cup baby spinach

Instructions:

- Lay the tortilla flat and spread the hummus evenly.
 - Add the cucumber, bell pepper, carrots, and spinach.
 - Roll up the tortilla tightly and slice in half.
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Egg Salad Sandwich

Ingredients:

- 4 hard-boiled eggs, chopped
- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 celery stalk, diced
- Salt and pepper to taste
- 2 slices whole grain bread

Instructions:

- In a bowl, combine the eggs, mayonnaise, Dijon mustard, and celery.
 - Season with salt and pepper.
 - Spread on one slice of bread and top with the second slice.
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Pasta Salad

Ingredients:

- 2 cups cooked pasta (such as rotini or penne)
- 1/2 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup black olives, sliced
- 1/4 cup feta cheese, crumbled
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

Instructions:

- In a large bowl, combine the pasta, tomatoes, cucumber, olives, and feta cheese.
 - Drizzle with olive oil and red wine vinegar.
 - Season with salt and pepper, then toss to combine.
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Chicken and Avocado Salad

Ingredients:

- 1 cup cooked chicken breast, diced
- 1/2 avocado, diced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- In a bowl, combine the chicken, avocado, tomatoes, and red onion.
 - Drizzle with olive oil and lemon juice.
 - Season with salt and pepper, then toss to combine.
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Turkey and Cheese Roll-Ups

Ingredients:

- 4 slices turkey breast
- 4 slices cheese (such as cheddar or Swiss)
- 1/2 cup baby spinach
- 1/4 cup hummus

Instructions:

- Lay a slice of turkey flat and spread with hummus.
 - Place a slice of cheese and a few spinach leaves on top.
 - Roll up tightly and repeat with remaining ingredients.
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Mediterranean Chickpea Salad

Ingredients:

- 1 can chickpeas, drained and rinsed
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup feta cheese, crumbled
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- In a large bowl, combine the chickpeas, tomatoes, cucumber, red onion, and feta cheese.
- Drizzle with olive oil and lemon juice.
- Season with salt and pepper, then toss to combine.

Chicken and Veggie Stir-Fry

Ingredients:

- 1 cup cooked chicken breast, sliced
- 1/2 cup bell pepper, sliced
- 1/2 cup broccoli florets
- 1/4 cup snap peas
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 1 teaspoon sesame oil
- Cooked rice for serving

Instructions:

- In a large skillet, heat olive oil over medium heat.
 - Add bell pepper, broccoli, and snap peas, and stir-fry until tender.
 - Add the cooked chicken and soy sauce, and stir to combine.
 - Drizzle with sesame oil and serve over rice.
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Shrimp and Avocado Salad

Ingredients:

- 1 cup cooked shrimp, peeled and deveined
- 1/2 avocado, diced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- In a bowl, combine the shrimp, avocado, tomatoes, and red onion.
 - Drizzle with olive oil and lemon juice.
 - Season with salt and pepper, then toss to combine.
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Black Bean and Corn Salad

Ingredients:

- 1 can black beans, drained and rinsed
- 1 cup corn kernels (fresh or canned)
- 1/2 cup cherry tomatoes, halved

- 1/4 cup red onion, finely chopped
- 1/4 cup cilantro, chopped
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste

Instructions:

- In a large bowl, combine the black beans, corn, tomatoes, red onion, and cilantro.
 - Drizzle with olive oil and lime juice.
 - Season with salt and pepper, then toss to combine.
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Chicken and Pesto Sandwich

Ingredients:

- 2 slices whole grain bread
- 1 cup cooked chicken breast, sliced
- 2 tablespoons pesto
- 1/2 cup baby spinach
- 1/4 cup roasted red peppers, sliced

Instructions:

- Spread pesto on one slice of bread.
 - Layer the chicken, spinach, and roasted red peppers on top.
 - Top with the second slice of bread and cut in half.
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Lentil Salad

Ingredients:

- 1 cup cooked lentils
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup feta cheese, crumbled
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

Instructions:

- In a large bowl, combine the lentils, tomatoes, cucumber, red onion, and feta cheese.
- Drizzle with olive oil and red wine vinegar.
- Season with salt and pepper, then toss to combine.

Chickpea and Avocado Sandwich

Ingredients:

- 2 slices whole grain bread
- 1/2 avocado, mashed
- 1/2 cup chickpeas, mashed
- 1/4 cup cherry tomatoes, halved
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

- In a bowl, combine the mashed avocado and chickpeas.
 - Spread the mixture on one slice of bread.
 - Top with cherry tomatoes and drizzle with olive oil.
 - Season with salt and pepper, then top with the second slice of bread.
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Greek Salad

Ingredients:

- 1 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup black olives, sliced
- 1/4 cup feta cheese, crumbled
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

Instructions:

- In a large bowl, combine the tomatoes, cucumber, red onion, olives, and feta cheese.
 - Drizzle with olive oil and red wine vinegar.
 - Season with salt and pepper, then toss to combine.
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Turkey and Cranberry Wrap

Ingredients:

- 1 whole wheat tortilla
- 4 slices turkey breast
- 2 tablespoons cranberry sauce
- 1/2 cup baby spinach
- 1/4 cup shredded carrots

Instructions:

- Lay the tortilla flat and spread the cranberry sauce evenly.
 - Add the turkey, spinach, and carrots.
 - Roll up the tortilla tightly and slice in half.
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Caprese Salad

Ingredients:

- 1 cup cherry tomatoes, halved
- 1/2 cup fresh mozzarella, diced
- Fresh basil leaves
- 2 tablespoons olive oil
- 1 tablespoon balsamic glaze
- Salt and pepper to taste

Instructions:

- In a bowl, combine the tomatoes, mozzarella, and basil.
 - Drizzle with olive oil and balsamic glaze.
 - Season with salt and pepper, then toss to combine.
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Chicken and Veggie Skewers

Ingredients:

- 1 cup cooked chicken breast, cubed
- 1/2 cup bell pepper, cubed
- 1/2 cup zucchini, sliced
- 1/4 cup red onion, cubed
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- Thread the chicken, bell pepper, zucchini, and red onion onto skewers.
 - Drizzle with olive oil and lemon juice.
 - Season with salt and pepper.
 - Serve cold or reheat before serving.
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Tuna and Avocado Salad

Ingredients:

- 1 can tuna, drained
- 1/2 avocado, diced
- 1/4 cup cherry tomatoes, halved

- 1/4 cup red onion, finely chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- In a bowl, combine the tuna, avocado, tomatoes, and red onion.
 - Drizzle with olive oil and lemon juice.
 - Season with salt and pepper, then toss to combine.
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Veggie Sushi Rolls

Ingredients:

- 1 cup cooked sushi rice
- 1/2 cucumber, julienned
- 1/2 avocado, sliced
- 1/4 cup carrot, julienned
- 2 sheets nori (seaweed)
- Soy sauce for dipping

Instructions:

- Lay a sheet of nori on a bamboo sushi mat.
 - Spread a thin layer of sushi rice over the nori, leaving a 1-inch border at the top.
 - Arrange the cucumber, avocado, and carrot in a line along the bottom edge of the rice.
 - Roll the nori tightly using the bamboo mat.
 - Slice into bite-sized pieces and serve with soy sauce.
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Spinach and Feta Stuffed Pita

Ingredients:

- 1 whole wheat pita bread
- 1/2 cup spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1/4 cup cherry tomatoes, halved
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

- Cut the pita bread in half to create pockets.
- In a bowl, combine the spinach, feta cheese, and cherry tomatoes.
- Drizzle with olive oil and season with salt and pepper.
- Stuff the mixture into the pita pockets.

BBQ Chicken Wrap

Ingredients:

- 1 whole wheat tortilla
- 1 cup cooked chicken breast, shredded
- 2 tablespoons BBQ sauce
- 1/4 cup shredded cheese
- 1/4 cup coleslaw mix

Instructions:

- Lay the tortilla flat and spread the BBQ sauce evenly.
 - Add the chicken, cheese, and coleslaw mix.
 - Roll up the tortilla tightly and slice in half.
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Couscous Salad

Ingredients:

- 1 cup cooked couscous
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup feta cheese, crumbled
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- In a large bowl, combine the couscous, tomatoes, cucumber, red onion, and feta cheese.
 - Drizzle with olive oil and lemon juice.
 - Season with salt and pepper, then toss to combine.
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Eggplant and Hummus Sandwich

Ingredients:

- 2 slices whole grain bread
- 1/2 cup roasted eggplant slices
- 1/4 cup hummus
- 1/4 cup baby spinach
- 1/4 cup roasted red peppers, sliced

Instructions:

- Spread hummus on one slice of bread.
 - Layer the roasted eggplant, spinach, and roasted red peppers on top.
 - Top with the second slice of bread and cut in half.
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Chicken and Mango Salad

Ingredients:

- 1 cup cooked chicken breast, diced
- 1/2 mango, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup cilantro, chopped
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste

Instructions:

- In a bowl, combine the chicken, mango, red onion, and cilantro.
 - Drizzle with olive oil and lime juice.
 - Season with salt and pepper, then toss to combine.
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Veggie and Cheese Quesadilla

Ingredients:

- 1 whole wheat tortilla
- 1/2 cup shredded cheese
- 1/4 cup bell pepper, sliced
- 1/4 cup zucchini, sliced
- 1/4 cup red onion, sliced

Instructions:

- Lay the tortilla flat and sprinkle half of the cheese on one side.
 - Add the bell pepper, zucchini, and red onion.
 - Sprinkle the remaining cheese on top and fold the tortilla in half.
 - Cook in a skillet over medium heat until the cheese is melted and the tortilla is golden brown.
 - Slice into wedges.
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Chickpea and Spinach Wrap

Ingredients:

- 1 whole wheat tortilla
- 1/2 cup chickpeas, mashed

- 1/4 cup spinach, chopped
- 1/4 cup shredded carrots
- 1 tablespoon tahini
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- In a bowl, combine the mashed chickpeas, spinach, carrots, tahini, and lemon juice.
 - Season with salt and pepper.
 - Lay the tortilla flat and spread the mixture evenly.
 - Roll up the tortilla tightly and slice in half.
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Turkey and Apple Sandwich

Ingredients:

- 2 slices whole grain bread
- 4 slices turkey breast
- 1/2 apple, thinly sliced
- 1/4 cup baby spinach
- 1 tablespoon mustard or mayo

Instructions:

- Spread mustard or mayo on one slice of bread.
 - Layer the turkey, apple slices, and spinach on top.
 - Top with the second slice of bread and cut in half.
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Mediterranean Tuna Salad

Ingredients:

- 1 can tuna, drained
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1/4 cup black olives, sliced
- 1/4 cup feta cheese, crumbled
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

- In a bowl, combine the tuna, tomatoes, cucumber, olives, and feta cheese.
- Drizzle with olive oil and lemon juice.
- Season with salt and pepper, then toss to combine.

Chicken and Avocado Wrap

Ingredients:

- 1 whole wheat tortilla
- 1 cup cooked chicken breast, sliced
- 1/2 avocado, sliced
- 1/4 cup baby spinach
- 1 tablespoon ranch dressing

Instructions:

- Lay the tortilla flat and spread the ranch dressing evenly.
 - Add the chicken, avocado, and spinach.
 - Roll up the tortilla tightly and slice in half.
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Lentil and Veggie Wrap

Ingredients:

- 1 whole wheat tortilla
- 1/2 cup cooked lentils
- 1/4 cup bell pepper, sliced
- 1/4 cup cucumber, diced
- 1/4 cup shredded carrots
- 1 tablespoon hummus

Instructions:

- Lay the tortilla flat and spread the hummus evenly.
 - Add the lentils, bell pepper, cucumber, and carrots.
 - Roll up the tortilla tightly and slice in half.
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Turkey and Hummus Wrap

Ingredients:

- 1 whole wheat tortilla
- 4 slices turkey breast
- 1/4 cup hummus
- 1/4 cup shredded carrots
- 1/4 cup baby spinach

Instructions:

- Lay the tortilla flat and spread the hummus evenly.
- Add the turkey, carrots, and spinach.
- Roll up the tortilla tightly and slice in half.