

# The Pizza Roll Up Lunch Box

These easy pizza roll up lunch boxes are a great no-cook lunch idea for your work week. No reheating required for this lunch meal prep!



5 from 8 votes

Prep Time

15 mins

Total Time

15 mins

Course: Lunch    Cuisine: American

Total Cost: \$5.64 recipe / \$1.41 serving    Servings: 4

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## Ingredients

- 4 large tortillas (burrito size) \$0.65
- 1/4 cup [basil pesto](#) \$0.55
- 8 slices provolone cheese \$1.19
- 36 slices pepperoni \$0.97
- 4 cups fresh spinach \$0.32
- 1/2 cup pizza sauce \$0.43
- 2 green bell peppers \$1.53

## Instructions

1. Spread 1 Tbsp pesto over the surface of each tortilla (it does not need to cover the entire surface. Lay two slices of provolone over one half of each tortilla, followed by about 9 pepperoni. Lastly, add one handful of fresh spinach to each tortilla.
2. Roll each tortilla up, trying to keep the roll as tight as possible. With the seams facing down, slice the rolls into one-inch sections. Place the sliced roll-ups in your meal prep container. Pack them closely together to keep them from coming unrolled.
3. Slice the green bell peppers into strips. Divide the bell pepper strips between the four containers.
4. Fill four small containers with 2 Tbsp pizza sauce each. Refrigerate your roll ups, bell peppers, and pizza sauce for up to five days.

See how we [calculate recipe costs here](#).



## Nutrition

Serving: 1box | Calories: 598.05kcal | Carbohydrates: 44.18g | Protein: 26.3g | Fat: 35.15g | Sodium: 1509.63mg | Fiber: 5.08g

The Pizza Roll Up Lunch Box <https://www.budgetbytes.com/the-pizza-roll-up-lunch-box/>

