

sanoMidLife♀

7 Days of On-the-Go Friendly Lunches

Created by sanoMidLife



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Overview:

This 7 Days of On-the-Go Friendly Lunches meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of lunch ideas for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare the meals.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Lunches highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

7 Days of On-the-Go Friendly Lunches

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	Rainbow Chopped Salad Jars	Rainbow Chopped Salad Jars	Rainbow Chopped Salad Jars	Deconstructed Sushi Bowl	Deconstructed Sushi Bowl	Turkey Taco Lettuce Wraps	Turkey Taco Lettuce Wraps

7 Days of On-the-Go Friendly Lunches

30 items

Fruits

- ☐ 2 Avocado
- ☐ 2 Lemon
- ☐ 1/2 Lime

Seeds, Nuts & Spices

- ☐ 1/8 tsp Cayenne Pepper
- ☐ 1 tbsp Chili Powder
- ☐ 1 1/2 tsp Cumin
- ☐ 1/2 tsp Garlic Powder
- ☐ 1/4 tsp Red Pepper Flakes
- ☐ 1 tsp Sea Salt
- ☐ 2 tsp Sesame Seeds
- ☐ 1 tsp Smoked Paprika

Frozen

- ☐ 4 cups Cauliflower Rice

Vegetables

- ☐ 1 cup Cherry Tomatoes
- ☐ 1/2 Cucumber
- ☐ 1/2 head Iceberg Lettuce
- ☐ 1/2 Jalapeno Pepper
- ☐ 1 cup Matchstick Carrots
- ☐ 3 cups Purple Cabbage
- ☐ 1 1/2 Tomato
- ☐ 1 Yellow Bell Pepper
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 3 cups Chickpeas

Bread, Fish, Meat & Cheese

- ☐ 227 grams Extra Lean Ground Turkey
- ☐ 225 grams Smoked Salmon

Condiments & Oils

- ☐ 2 1/2 tsp Avocado Oil
- ☐ 2 tsp Coconut Aminos
- ☐ 2 tbsps Mayonnaise
- ☐ 1/3 cup Tahini

Other

- ☐ 4 Nori Sheets
- ☐ 2 tbsps Water

Rainbow Chopped Salad Jars

9 ingredients · 15 minutes · 3 servings



Directions

1. Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
2. On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
3. When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage

Keeps well in the fridge for up to 4 days.

No Tahini

Use a nut butter or sunflower seed butter instead.

Ingredients

- 1/3 cup** Tahini
- 2** Lemon (juiced)
- 1/2 tsp** Sea Salt
- 2 tbsps** Water
- 3 cups** Chickpeas (cooked, from the can)
- 1 cup** Cherry Tomatoes
- 1 cup** Matchstick Carrots
- 1** Yellow Bell Pepper (chopped)
- 3 cups** Purple Cabbage (chopped)

Deconstructed Sushi Bowl

10 ingredients · 20 minutes · 2 servings



Directions

1. Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
2. Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
3. Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

Notes

Leftovers

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

No Coconut Aminos

Use tamari or soy sauce instead.

Ingredients

- 1 **tsp** Avocado Oil
- 4 **cups** Cauliflower Rice
- 2 **tsp**s Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 225 **grams** Smoked Salmon
- 2 **tsp**s Sesame Seeds
- 2 **tbsp**s Mayonnaise
- 1/8 **tsp** Cayenne Pepper (optional)

Turkey Taco Lettuce Wraps

14 ingredients · 25 minutes · 2 servings



Directions

1. Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
2. Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
3. Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
4. To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

Notes

Leftovers

Refrigerate the ingredients separately in airtight containers for up to three days.

Serving Size

One serving is approximately three tacos.

Optional Toppings

Salsa, cheese, cilantro, black beans, sour cream or guacamole.

No Iceberg Lettuce

Use romaine leaves, green lettuce or Boston lettuce instead.

Vegans & Vegetarians

Omit the ground meat and use cooked lentils instead.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1/2 Yellow Onion (diced)
- 227 grams** Extra Lean Ground Turkey
- 1 **tbsp** Chili Powder
- 1 1/2 **tsps** Cumin
- 1 **tsp** Smoked Paprika
- 1/2 **tsp** Garlic Powder
- 1/2 **tsp** Sea Salt
- 1/4 **tsp** Red Pepper Flakes
- 1/2 Lime (juiced)
- 1 1/2 Tomato (finely chopped and divided)
- 1/2 Jalapeno Pepper (seeds removed and chopped)
- 1/2 **head** Iceberg Lettuce (leaves pulled apart and washed)
- 1 Avocado (diced)