

FIT.NOT.RIPT: QUICK LUNCH IDEAS FOR BUSY WOMEN & EDUCATORS



HEALTHY, SATISFYING LUNCHES IN 10 MINUTES OR LESS
— NO STRESS, NO EXTRA GROCERY RUNS

PROTEIN POWER

- ☐ Hard-boiled eggs (2) → ~12g protein
- ☐ Rotisserie chicken or turkey slices → ~20g protein per 3oz
- ☐ Greek yogurt + protein powder → 25–30g protein
- ☐ Tuna or salmon pouch → 20g protein

(Tip: prep once, use all week!)

VEGGIES & FIBER

- ☐ Baby carrots, cucumber sticks, bell pepper strips
- ☐ Cherry tomatoes, snap peas, broccoli florets
- ☐ Pre-washed salad greens
- ☐ Add beans or chickpeas for extra fiber

(Tip: aim for half your plate veggies/fiber)

HEALTHY FATS

- ☐ Nuts or seeds → 1–2 tbsp
- ☐ Nut butter (peanut, almond) → 2 tbsp
- ☐ Avocado slices → ½ small avocado

(Tip: Fats keep you full until your afternoon snack)

CARBS THAT ENERGIZE

- ☐ Whole-grain wraps or bread
- ☐ Brown rice or quinoa cups
- ☐ Sweet potato cubes
- ☐ Fruit (apple, berries, orange)

(Tip: pick 1 carb source per lunch, pair with protein & fat)

EASY MEAL COMBOS (EXAMPLES)

- ☐ Turkey & avocado wrap + carrot sticks
- ☐ Greek yogurt + protein powder + berries + almonds
- ☐ Chicken salad on pre-washed greens + whole grain crackers
- ☐ Egg + veggie + hummus sandwich or wrap