

Quick and Easy Lunch Ideas

For many of us, lunch can be the most difficult meal to fit into our day. As we go about our busy lives, lunch can get lost in the cracks and we do not realize until we are very hungry and just need something quick to prep and eat. Yes, a classic turkey and cheese sandwich is always a good quick option in a pinch, but what are some other options that can substantially fuel your body to continue through your day?

“The Adult Lunchable”

Think of this one as a smaller version of a charcuterie board. Your favorite assortment of meat, cheese, crackers, fruit, vegetables, and nuts. Get creative, try different pairings of meat and cheese. You can even prep this in a bento box the night before and just have it ready to grab and go the next day.



Buffalo Chicken Wrap

Got leftover chicken? Coat it with some buffalo sauce, put it into a tortilla with lettuce, tomato, cheese, and ranch and you have yourself a quick and easy wrap. Pair with carrot sticks or your favorite chips.



Cold Pasta Salad

If you have leftover pasta and some veggies in your fridge that need to get used up, this is the recipe for you. Chop up whatever veggies you enjoy, combine with your leftover pasta, and coat with your favorite salad dressing or pesto. Add Pepperoni, chicken, cheese, or chickpeas for some extra protein.



Pita Pockets

Pita bread makes for a great vessel for any flavor combinations. Cut a pita in half and fill with veggies and hummus, meat and cheese, or fruit and peanut butter for a sweeter combination. You can even have one half savory, one half sweet. The options are limitless with this one and can make for a good switch up from the typical sandwich.



Quinoa Salad

This is a great one to prep the night before and store in containers for the week. Take your favorite salad base (spring mix, spinach, kale) and mix with quinoa. Add in your favorite fruits and vegetables, I personally enjoy apples, dried cranberries, and cucumbers. Coat with your favorite dressing, raspberry vinaigrette is an amazing option. Sprinkle with feta or goat cheese and nuts for more protein and healthy fats.



Taco Salad

All of Tuesday's nights leftover taco fixings in one big bowl. Choose your favorite salad base and add in taco meat, beans, tomatoes, onion, cheese, and avocado. Mix salsa and sour cream for an easy dressing. Scoop up with tortilla chips or crumble on top for a good crunch.



Pita Pizzas

Have some leftover pitas from those pita pockets? Make a pizza! Coat the pita bread with marinara, add ground beef, pepperoni, your favorite vegetables, and mozzarella. Or use a pesto base with chicken and mozzarella for a different twist. Cook in the airfryer, microwave, or toaster oven.



Pinwheels

These are a hit for the kiddos and for the adults too. Add whatever pairings you enjoy onto a tortilla and roll it up. Cut into bit-sized pieces and enjoy. For sweet pairings you could go with the classic peanut butter and jelly, peanut butter and banana, or yogurt and fruit. For savory options, try hummus and veggies, ham and cheese, or pizza fixings. The options are endless.



Egg Roll in a Bowl

This is a great option for a quick Asian-inspired lunch. Pick up a bagged coleslaw mix from the grocery store, add in your choice of protein (ground beef, pork, tofu, tempeh) and any other veggies you may want (edamame pairs great here). Coat with a pre-made Asian dressing or make your own, and sprinkle with wonton crisps.



Rotisserie Chicken Salad

Not a fan of cooking chicken? No problem, pick up a rotisserie chicken from your grocery store and put this recipe together in minutes. 2 cups chicken + 1/3 cup mayo + 3/4 cup chopped celery + 1/2 cup chopped onion + salt, pepper, and dill to taste. Eat it as a sandwich, wrap, pita pocket, or pair with crackers.

