








admin@herbandspice.net.au

Lunch Prep ideas

admin@herbandspice.net.au

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	 Chickpea Salad, Strawberry & Veggie Box	 Meatball & Hummus Stuffed Pita	 Turkey Ranch Mason Jar Salad	 Sweet Chili Chicken Summer Rolls	 Tuna Salad Stuffed Pita	 Green Goddess Mason Jar Salad	 Ranch & Spicy Chicken Wrap
Snack 2	 Turkey Pita & Veggies Box	 Mini Pizza & Clementine Box	 Turkey & Egg Snack Box	 Eggs & Avocado Snack Box	 Ham & Cheese Pretzel Box	 Baba Ganoush Bento Box	 Deli Snack Box

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 53%	Fat	<div><div></div></div> 31%	Fat	<div><div></div></div> 49%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 49%
Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 29%	Carbs	<div><div></div></div> 32%	Carbs	<div><div></div></div> 29%	Carbs	<div><div></div></div> 32%	Carbs	<div><div></div></div> 47%	Carbs	<div><div></div></div> 26%
Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 37%	Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 28%	Protein	<div><div></div></div> 13%	Protein	<div><div></div></div> 25%
Calories	912	Calories	843	Calories	790	Calories	811	Calories	742	Calories	672	Calories	1020
Fat	42g	Fat	52g	Fat	28g	Fat	45g	Fat	34g	Fat	31g	Fat	56g
Saturated	12g	Saturated	20g	Saturated	6g	Saturated	17g	Saturated	10g	Saturated	5g	Saturated	14g
Carbs	91g	Carbs	64g	Carbs	65g	Carbs	60g	Carbs	61g	Carbs	82g	Carbs	66g
Fiber	23g	Fiber	14g	Fiber	9g	Fiber	9g	Fiber	7g	Fiber	16g	Fiber	7g
Sugar	17g	Sugar	12g	Sugar	20g	Sugar	10g	Sugar	11g	Sugar	8g	Sugar	12g
Protein	50g	Protein	39g	Protein	74g	Protein	44g	Protein	52g	Protein	23g	Protein	65g
Sodium	749mg	Sodium	1809mg	Sodium	1851mg	Sodium	664mg	Sodium	1703mg	Sodium	819mg	Sodium	2357mg
Vitamin C	247mg	Vitamin C	130mg	Vitamin C	95mg	Vitamin C	20mg	Vitamin C	5mg	Vitamin C	27mg	Vitamin C	19mg
Calcium	518mg	Calcium	420mg	Calcium	258mg	Calcium	513mg	Calcium	291mg	Calcium	184mg	Calcium	381mg
Iron	10mg	Iron	6mg	Iron	6mg	Iron	4mg	Iron	6mg	Iron	6mg	Iron	8mg
Magnesium	190mg	Magnesium	81mg	Magnesium	147mg	Magnesium	102mg	Magnesium	72mg	Magnesium	144mg	Magnesium	281mg
Zinc	6mg	Zinc	3mg	Zinc	6mg	Zinc	5mg	Zinc	3mg	Zinc	2mg	Zinc	8mg

Fruits

- ☐ 1/2 Avocado
- ☐ 2 Clementines
- ☐ 1 1/2 Lime
- ☐ 1 Navel Orange
- ☐ 1 Pear
- ☐ 1/2 cup Strawberries

Seeds, Nuts & Spices

- ☐ 2 tbsps Hemp Seeds
- ☐ 1/3 cup Pumpkin Seeds
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1 cup Frozen Edamame
- ☐ 91 grams Frozen Meatballs

Vegetables

- ☐ 2 cups Baby Kale
- ☐ 1/2 cup Basil Leaves
- ☐ 1/4 cup Broccoli
- ☐ 4 Carrot
- ☐ 3 1/2 stalks Celery
- ☐ 2 1/4 cups Cherry Tomatoes
- ☐ 1/4 cup Chives
- ☐ 1 2/3 Cucumber
- ☐ 1/4 cup Fresh Dill
- ☐ 2 cups Mixed Greens
- ☐ 3/4 Orange Bell Pepper
- ☐ 1/4 cup Parsley
- ☐ 2 heads Romaine Hearts
- ☐ 1/2 cup Snap Peas

Boxed & Canned

- ☐ 1/4 cup Brown Basmati Rice
- ☐ 1 cup Chickpeas
- ☐ 1/2 cup Israeli Couscous
- ☐ 55 grams Oat Crackers
- ☐ 57 grams Pretzels
- ☐ 85 grams Rice Vermicelli Noodles
- ☐ 1 can Tuna
- ☐ 50 grams Whole Grain Crackers

Bread, Fish, Meat & Cheese

- ☐ 180 grams Cheddar Cheese
- ☐ 198 grams Chicken Breast, Cooked
- ☐ 454 grams Chicken Thighs
- ☐ 4 Corn Tortilla
- ☐ 57 grams English Muffin
- ☐ 113 grams Mini Whole Wheat Pita
- ☐ 113 grams Mozzarella Cheese
- ☐ 57 grams Pepperoni
- ☐ 57 grams Sliced Ham
- ☐ 213 grams Sliced Turkey Breast
- ☐ 283 grams Turkey Breast, Cooked

Condiments & Oils

- ☐ 1 1/8 tbsps Avocado Oil
- ☐ 1 tsp Capers
- ☐ 1 tbsp Extra Virgin Olive Oil
- ☐ 2 tbsps Green Goddess Salad Dressing
- ☐ 1/4 cup Hot Sauce
- ☐ 1/4 cup Kimchi
- ☐ 2 tbsps Mayonnaise
- ☐ 2 tbsps Pitted Kalamata Olives
- ☐ 1/3 cup Ranch Dressing
- ☐ 8 Rice Paper Wraps
- ☐ 1/4 cup Sweet Chili Sauce
- ☐ 1/4 cup Tomato Sauce

Cold

- ☐ 1/4 cup Baba Ganoush
- ☐ 5 Egg
- ☐ 1/3 cup Hummus



Chickpea Salad, Strawberry & Veggie Box

1 serving
10 minutes

Ingredients

- 1 cup Chickpeas (cooked)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lime (medium, juiced)
- 3 tbsps Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Strawberries
- 1/2 cup Snap Peas
- 1/2 Orange Bell Pepper (medium, sliced)

Nutrition

Amount per serving	
Calories	462
Fat	18g
Saturated	2g
Carbs	62g
Fiber	17g
Sugar	13g
Protein	17g
Sodium	24mg
Vitamin C	243mg
Calcium	140mg
Iron	7mg
Magnesium	119mg
Zinc	3mg

Directions

- 1 In a small bowl, combine the chickpeas, oil, lime juice, parsley, salt, and pepper. Add to one side of a container.
- 2 On the other side, add the strawberries, snap peas, and bell peppers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Strawberries: Use other berries like blackberries, raspberries, or blueberries.

No Orange Bell Pepper: Use any color of bell pepper.

More Flavor: Add your favorite dip to dip the vegetables in.



Meatball & Hummus Stuffed Pita

1 serving
20 minutes

Ingredients

91 grams Frozen Meatballs
2 tbsps Hummus
43 grams Mini Whole Wheat Pita (cut in half)
1/8 Cucumber (medium, sliced)
2 tbsps Pitted Kalamata Olives (sliced)
1/4 Orange Bell Pepper (medium, sliced)
1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	467
Fat	28g
Saturated	8g
Carbs	39g
Fiber	8g
Sugar	4g
Protein	21g
Sodium	1055mg
Vitamin C	92mg
Calcium	146mg
Iron	5mg
Magnesium	64mg
Zinc	2mg

Directions

- 1 Cook the meatballs according to the package directions.
- 2 Spread the hummus inside of the pita and add the cucumber, olives, bell pepper, and meatballs to the pita. Garnish with parsley and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate the ingredients separately in an airtight container for up to two days.

Make it Vegan: Use a vegan meatball alternative or chickpeas.

More Flavor: Add pickled red onions.

Additional Toppings: Feta cheese.

Gluten-Free: Use a gluten-free pita.



Turkey Ranch Mason Jar Salad

2 servings

15 minutes

Ingredients

1/2 cup Israeli Couscous (dry)
 2 tbsps Ranch Dressing
 227 grams Turkey Breast, Cooked
 (roughly chopped)
 1 Carrot (large, grated)
 1/2 cup Cherry Tomatoes (sliced)
 2 cups Baby Kale
 2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	426
Fat	11g
Saturated	2g
Carbs	42g
Fiber	5g
Sugar	5g
Protein	43g
Sodium	504mg
Vitamin C	7mg
Calcium	110mg
Iron	3mg
Magnesium	89mg
Zinc	3mg

Directions

- 1 Cook the Israeli couscous according to package directions. Let it cool to room temperature.
- 2 Divide and layer the ingredients in a mason jar in the following order: ranch dressing, turkey breast, couscous, carrots, cherry tomatoes, baby kale, and pumpkin seeds.
- 3 Seal the jar and refrigerate until ready to serve.
- 4 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to three days.

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Season with salt, pepper, or your choice of herbs and spices.



Sweet Chili Chicken Summer Rolls

4 servings

25 minutes

Ingredients

85 grams Rice Vermicelli Noodles
8 Rice Paper Wraps
1/2 cup Basil Leaves
1 Cucumber (medium, julienned)
1 Carrot (medium, julienned)
198 grams Chicken Breast, Cooked (shredded)
1 Lime (medium, juiced)
1/4 cup Sweet Chili Sauce

Nutrition

Amount per serving	
Calories	266
Fat	2g
Saturated	1g
Carbs	45g
Fiber	2g
Sugar	7g
Protein	16g
Sodium	147mg
Vitamin C	7mg
Calcium	31mg
Iron	1mg
Magnesium	33mg
Zinc	1mg

Directions

- 1 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the vermicelli, basil, cucumber, carrot, and chicken breast near the bottom of the wrap.
- 3 Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 4 Squeeze lime juice on top, dip into the sauce and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size: One serving is equal to two summer rolls.

More Flavor: Add lettuce, cabbage, and/or cilantro.

No Sweet Chili Sauce: Use any other sauce of your choice.



Tuna Salad Stuffed Pita

1 serving
10 minutes

Ingredients

- 1 can Tuna (drained)
- 2 tbsps Mayonnaise
- 1 tsp Capers
- 1 stalk Celery (diced)
- Sea Salt & Black Pepper
- 43 grams Mini Whole Wheat Pita (cut in half)

Nutrition

Amount per serving	
Calories	432
Fat	22g
Saturated	4g
Carbs	23g
Fiber	3g
Sugar	1g
Protein	37g
Sodium	874mg
Vitamin C	1mg
Calcium	75mg
Iron	4mg
Magnesium	44mg
Zinc	1mg

Directions

- 1 In a small bowl mix the tuna, mayonnaise, capers, and celery together. Season with sea salt and black pepper.
- 2 Stuff the tuna salad into the pita and enjoy!

Notes

Leftovers: Refrigerate the tuna mixture in an airtight container for up to two days. Assemble the pita just before serving.

Serving Size: One serving is one whole stuffed pita.

More Flavor: Add chopped onion and/or gherkin pickles.

Gluten-Free: Use a gluten-free pita.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Green Goddess Mason Jar Salad

2 servings

25 minutes

Ingredients

1/4 cup Brown Basmati Rice (dry, rinsed)
 2 tbsps Green Goddess Salad Dressing
 1 cup Frozen Edamame (thawed)
 1/4 cup Broccoli (cut into florets)
 1/4 Cucumber (medium, diced)
 2 cups Mixed Greens
 2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	310
Fat	16g
Saturated	2g
Carbs	29g
Fiber	6g
Sugar	4g
Protein	15g
Sodium	156mg
Vitamin C	20mg
Calcium	92mg
Iron	3mg
Magnesium	128mg
Zinc	2mg

Directions

- 1 Cook the rice according to the package directions. Let it cool to room temperature.
- 2 Layer the ingredients in a mason jar in the following order: Green Goddess dressing, edamame, broccoli, rice, cucumber, mixed greens, and hemp seeds
- 3 Seal the jar and refrigerate until ready to serve.
- 4 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to three days.

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Season with salt, pepper, or your choice of herbs and spices.



Ranch & Spicy Chicken Wrap

4 servings

35 minutes

Ingredients

454 grams Chicken Thighs (boneless, skinless)
 1 tbsp Avocado Oil
 1/4 cup Hot Sauce
 2 heads Romaine Hearts (chopped)
 1 cup Cherry Tomatoes (cut in half)
 1/4 cup Fresh Dill (chopped)
 1/4 cup Chives (chopped)
 1/4 cup Ranch Dressing
 Sea Salt & Black Pepper (to taste)
 4 Corn Tortilla (small)

Nutrition

Amount per serving	
Calories	307
Fat	13g
Saturated	2g
Carbs	22g
Fiber	2g
Sugar	2g
Protein	24g
Sodium	777mg
Vitamin C	8mg
Calcium	132mg
Iron	2mg
Magnesium	36mg
Zinc	2mg

Directions

- 1 In a bowl, add the chicken thighs, oil, and hot sauce. Mix to combine.
- 2 Preheat the grill over medium heat. Place the chicken thighs on the grill and cook for about seven to eight minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes. Chop into bite-sized pieces.
- 3 Add the romaine, tomatoes, dill, chives, chicken, and ranch dressing to a large bowl. Toss to combine and season with salt and pepper.
- 4 Plate the tortillas and evenly divide the chicken and salad between them.
- 5 Optional: Preheat a pan over medium heat. Carefully fold the wraps together and place them face down on the skillet. Cook for one to two minutes before flipping over to cook for another one to two minutes. Repeat with the remaining wraps. Enjoy!

Notes

Leftovers: Make the salad ahead of time, leaving the dressing on the side. The wraps are best enjoyed fresh.

Serving Size: One serving is equal to one wrap.

More Flavor: Add more ranch dressing onto the tortillas.

No Ranch Dressing: Use your favorite dressing of choice.

No Corn Tortillas: Use any other tortilla.

No Grill: Use a cast-iron pan to cook the chicken.



Turkey Pita & Veggies Box

1 serving
10 minutes

Ingredients

28 grams Mini Whole Wheat Pita
43 grams Cheddar Cheese (sliced)
57 grams Turkey Breast, Cooked
3 tbsps Hummus
1 Carrot (small, cut into sticks)
1/2 stalk Celery (cut into sticks)

Nutrition

Amount per serving	
Calories	450
Fat	24g
Saturated	10g
Carbs	29g
Fiber	6g
Sugar	4g
Protein	33g
Sodium	725mg
Vitamin C	4mg
Calcium	378mg
Iron	3mg
Magnesium	71mg
Zinc	3mg

Directions

- 1 Cut the pita in half and stuff each half with cheese and turkey. Add the stuffed pita halves to a sectioned container, if using.
- 2 On the other side of the container, add the hummus to the corner and place the carrots and celery on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add mustard or mayonnaise.

Additional Toppings: Add cucumber, bell peppers, baby spinach, and/or lettuce.

Gluten-Free: Use a gluten-free pita.

Dairy-Free: Use dairy-free cheese.

Mini Whole Wheat Pita: One mini whole wheat pita is 30 grams or one ounce.



Mini Pizza & Clementine Box

2 servings

25 minutes

Ingredients

57 grams English Muffin (cut into half)
 1/4 cup Tomato Sauce
 113 grams Mozzarella Cheese
 (shredded)
 57 grams Pepperoni (sliced)
 2 Clementines (peeled, sectioned)

Nutrition

Amount per serving	
Calories	376
Fat	24g
Saturated	12g
Carbs	25g
Fiber	6g
Sugar	8g
Protein	18g
Sodium	754mg
Vitamin C	38mg
Calcium	274mg
Iron	1mg
Magnesium	17mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the English muffin halves onto the baking sheet and divide the tomato sauce between each muffin half. Add some cheese to each followed by the pepperoni slices. Top each with the remaining cheese.
- 3 Bake for 10 to 15 minutes or until the cheese has melted. Let the mini pizzas cool for five minutes before cutting them in half.
- 4 Add to a sectioned container, if using, and add the clementines on the side. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Let the mini pizzas cool completely before refrigerating.

Serving Size: One serving is half of an English muffin and one clementine.

Make it Vegan: Use plant-based cheese and your choice of toppings.

More Flavor: Add Italian seasoning to the tomato sauce.

Gluten-Free: Use gluten-free English muffins.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Turkey & Egg Snack Box

1 serving
5 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 2 Egg
- 1/4 cup Kimchi
- 113 grams Sliced Turkey Breast
- 1/4 cup Cherry Tomatoes
- 1 Navel Orange

Nutrition

Amount per serving	
Calories	364
Fat	17g
Saturated	4g
Carbs	23g
Fiber	4g
Sugar	15g
Protein	31g
Sodium	1347mg
Vitamin C	88mg
Calcium	148mg
Iron	3mg
Magnesium	58mg
Zinc	3mg

Directions

- 1 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 2 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Additional Toppings: Add sliced green onions, avocado, nuts, cheese, or crackers.
No Kimchi: Use sauerkraut, pickles, salsa, or olives instead.



Eggs & Avocado Snack Box

1 serving
15 minutes

Ingredients

2 Egg
1/2 Avocado (medium, peeled)
1/3 Cucumber (sliced)
56 grams Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Calories	545
Fat	43g
Saturated	16g
Carbs	15g
Fiber	7g
Sugar	3g
Protein	28g
Sodium	517mg
Vitamin C	13mg
Calcium	482mg
Iron	3mg
Magnesium	69mg
Zinc	4mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.



Ham & Cheese Pretzel Box

2 servings

5 minutes

Ingredients

57 grams Pretzels
1 Pear (seeds removed, sliced)
56 grams Cheddar Cheese (cubed)
57 grams Sliced Ham

Nutrition

Amount per serving	
Calories	310
Fat	12g
Saturated	6g
Carbs	38g
Fiber	4g
Sugar	10g
Protein	15g
Sodium	829mg
Vitamin C	4mg
Calcium	216mg
Iron	2mg
Magnesium	28mg
Zinc	2mg

Directions

- 1 Arrange all of the ingredients in a container and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Use gluten-free pretzels and crackers.

Dairy-Free: Use vegan cheese, olives or hummus instead of cheddar cheese.



Baba Ganoush Bento Box

1 serving
10 minutes

Ingredients

1/4 cup Baba Ganoush
1 Carrot (medium, cut into sticks)
2 stalks Celery (medium, cut into sticks)
55 grams Oat Crackers

Nutrition

Amount per serving	
Calories	362
Fat	15g
Saturated	3g
Carbs	53g
Fiber	10g
Sugar	4g
Protein	8g
Sodium	663mg
Vitamin C	7mg
Calcium	92mg
Iron	3mg
Magnesium	16mg
Zinc	0mg

Directions

1

Arrange the baba ganoush, carrot sticks, celery sticks, and crackers in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Cucumber slices, nuts, olives, or dried fruit.



Deli Snack Box

1 serving
5 minutes

Ingredients

- 1/4 cup Pumpkin Seeds
- 50 grams Whole Grain Crackers
- 1/2 cup Cherry Tomatoes
- 25 grams Cheddar Cheese (cubed or sliced)
- 100 grams Sliced Turkey Breast
- 1 Egg (hard boiled)

Nutrition

Amount per serving	
Calories	713
Fat	43g
Saturated	12g
Carbs	44g
Fiber	5g
Sugar	10g
Protein	41g
Sodium	1580mg
Vitamin C	11mg
Calcium	249mg
Iron	6mg
Magnesium	245mg
Zinc	6mg

Directions

- 1
- Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Storage: Refrigerate up to 3 days.

Modifications: Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.