

5-Day Clean Eating Lunch

Prep Checklist

Monday – Friday • ~500 Calories • High Protein • Clean Ingredients

Weekly Macro Snapshot

Day	Lunch	Cal	Protein	Fat	Fiber
Mon	Herb Chicken Rice Bowl	495	42g	18g	9g
Tue	Mediterranean Tuna Salad	505	38g	20g	10g
Wed	Steak & Black Bean Bowl	500	40g	17g	12g
Thu	Salmon & Quinoa Bowl	495	39g	19g	8g
Fri	Chickpea, Cottage Cheese & Feta Salad	490	33g	18g	8g

How to Use This Checklist

Step 1

Print this checklist or pull it up on your phone.

Step 2

Use the Shopping List (Section 2) to grab everything you need in one trip.

Step 3

On Sunday, follow the Prep Steps (Section 3) – done in 20 minutes.

Step 4

Each day, check off the ingredients as you assemble your lunch. Easy!

Section 1: Daily Ingredient Checklists

Check off each ingredient as you assemble your lunch each day.

Monday Herb Chicken Protein Rice Bowl ~495 cal • 42g protein	
<input type="checkbox"/>	5 oz grilled chicken breast, sliced
<input type="checkbox"/>	½ cup cooked brown rice
<input type="checkbox"/>	1 cup roasted broccoli florets
<input type="checkbox"/>	¼ avocado, sliced
<input type="checkbox"/>	2 tbsp olive oil + lemon juice dressing
<input type="checkbox"/>	Salt, pepper, garlic powder, fresh parsley

Prep tip: Assemble cold straight from the fridge or reheat rice + chicken 90 seconds in the microwave.

Tuesday Mediterranean Tuna Salad Plate ~505 cal • 38g protein	
<input type="checkbox"/>	5 oz wild-caught canned tuna in water, drained
<input type="checkbox"/>	2 cups mixed greens or romaine
<input type="checkbox"/>	½ cup chickpeas, rinsed
<input type="checkbox"/>	½ cup cucumber, diced
<input type="checkbox"/>	10 kalamata olives
<input type="checkbox"/>	2 tbsp olive oil + lemon juice dressing
<input type="checkbox"/>	Cherry tomatoes, red onion, fresh dill

Prep tip: Layer in a wide-mouth mason jar – greens on top, tuna + chickpeas on bottom, dressing on the side.

Wednesday Steak & Black Bean Power Bowl ~500 cal • 40g protein	
<input type="checkbox"/>	4 oz lean sirloin steak, sliced thin
<input type="checkbox"/>	½ cup black beans, rinsed
<input type="checkbox"/>	½ cup brown rice or cauliflower rice
<input type="checkbox"/>	½ cup roasted bell peppers
<input type="checkbox"/>	¼ avocado
<input type="checkbox"/>	Salsa (no-sugar-added) + lime juice
<input type="checkbox"/>	Cumin, chili powder, garlic powder

Prep tip: Reheat steak slices in a pan 2–3 minutes with a splash of broth to keep them tender.

Thursday Salmon & Quinoa Protein Bowl ~495 cal • 39g protein	
<input type="checkbox"/>	5 oz canned wild salmon, drained
<input type="checkbox"/>	½ cup cooked quinoa

<input type="checkbox"/>	1 cup baby spinach or kale
<input type="checkbox"/>	½ cup shredded carrots
<input type="checkbox"/>	2 tbsp tahini lemon dressing
<input type="checkbox"/>	Capers + everything bagel seasoning
<input type="checkbox"/>	Sliced cucumber, lemon wedge


Prep tip: Mix salmon with lemon + capers ahead of time. Serve over quinoa + greens in under 3 minutes.


Friday Chickpea, Cottage Cheese & Feta Salad Plate ~490 cal • 33g protein	
<input type="checkbox"/>	½ cup chickpeas, rinsed and drained
<input type="checkbox"/>	¾ cup 2% cottage cheese
<input type="checkbox"/>	1 oz crumbled feta cheese
<input type="checkbox"/>	2 cups romaine or arugula
<input type="checkbox"/>	½ cup cherry tomatoes, halved
<input type="checkbox"/>	¼ red onion, thinly sliced
<input type="checkbox"/>	1 tbsp olive oil + juice of ½ lemon
<input type="checkbox"/>	Fresh garlic + parsley, 1 tbsp pumpkin seeds


Prep tip: Pure assembly – no cooking needed. Perfect for a busy Friday. Add cottage cheese right before eating for best texture.

Section 2: Weekly Shopping List

One trip. Everything you need for all 5 lunches.

 Proteins	
<input type="checkbox"/>	2 lbs boneless skinless chicken breast
<input type="checkbox"/>	4 oz lean sirloin steak
<input type="checkbox"/>	2 cans (5 oz each) wild-caught tuna in water
<input type="checkbox"/>	1 can (5 oz) wild-caught salmon
<input type="checkbox"/>	1 can (15 oz) chickpeas
<input type="checkbox"/>	1 can (15 oz) black beans

 Produce & Greens	
<input type="checkbox"/>	1 head romaine lettuce or bag of mixed greens
<input type="checkbox"/>	1 bag baby spinach or kale
<input type="checkbox"/>	1 bag arugula (optional for Friday)
<input type="checkbox"/>	1 pint cherry tomatoes
<input type="checkbox"/>	1 English cucumber
<input type="checkbox"/>	½ red onion
<input type="checkbox"/>	1-2 avocados
<input type="checkbox"/>	1 bag shredded carrots
<input type="checkbox"/>	2 cups broccoli florets
<input type="checkbox"/>	1-2 bell peppers (any color)
<input type="checkbox"/>	Fresh parsley + fresh dill
<input type="checkbox"/>	2-3 lemons
<input type="checkbox"/>	1 head garlic

 Grains & Pantry	
<input type="checkbox"/>	Brown rice (need ~1 cup dry)
<input type="checkbox"/>	Quinoa (need ~½ cup dry)
<input type="checkbox"/>	1 small jar kalamata olives
<input type="checkbox"/>	Capers
<input type="checkbox"/>	No-sugar-added salsa
<input type="checkbox"/>	Everything bagel seasoning

- Cumin, chili powder, garlic powder
- Salt + black pepper

 Dairy & Refrigerated

- ¾ cup 2% cottage cheese
- 1 oz crumbled feta cheese (small container)

 Oils & Dressings

- Extra virgin olive oil
- Lemons (for fresh dressing – already listed above)
- Tahini (for Thursday dressing)
- Lime (for Wednesday bowl)

 Nuts, Seeds & Other

- Pumpkin seeds (1 tbsp for Friday)
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Section 3: Sunday Prep Steps

Follow these steps in order. Total time: ~20-25 minutes.

- 1 Start both grains at the same time – cook brown rice on one burner, quinoa on another. Set timers and move on.
- 2 Season chicken breast with garlic powder, salt + pepper. Bake at 400°F for 22-25 minutes.
- 3 While chicken bakes, cook sirloin steak in a hot cast iron pan – 4-5 minutes per side. Let rest 5 minutes, then slice thin.
- 4 Toss broccoli florets and bell peppers with olive oil + salt. Add to the same 400°F oven on a sheet pan for 20 minutes.
- 5 While everything cooks: wash all salad greens and raw veggies (tomatoes, cucumber, red onion, carrots). Pat dry and store in containers lined with a paper towel.
- 6 Fluff rice and quinoa. Slice chicken. Portion grains, proteins, and roasted veggies into separate glass containers.
- 7 Canned tuna, salmon, chickpeas, and black beans require zero prep – open, drain, and refrigerate or leave in pantry.
- 8 Make your dressings now: olive oil + lemon in a small jar; tahini + lemon for Thursday. Refrigerate.
- 9 Label containers Mon-Thu if helpful. Friday is pure assembly – no Sunday prep needed.

Sunday Prep Checklist

<input type="checkbox"/>	Brown rice cooked + portioned
<input type="checkbox"/>	Quinoa cooked + portioned
<input type="checkbox"/>	Chicken breast baked + sliced
<input type="checkbox"/>	Sirloin steak cooked + sliced
<input type="checkbox"/>	Broccoli florets and Bell Peppers roasted
<input type="checkbox"/>	All salad greens washed + stored dry
<input type="checkbox"/>	Raw veggies chopped (tomatoes, cucumber, onion, carrots)
<input type="checkbox"/>	Olive oil + lemon dressing made
<input type="checkbox"/>	Tahini lemon dressing made (for Thursday)
<input type="checkbox"/>	Cans opened + drained (tuna, salmon, chickpeas, black beans)
<input type="checkbox"/>	All containers labeled and refrigerated

You've got this, friend. Here's to lunches that actually work for you.