



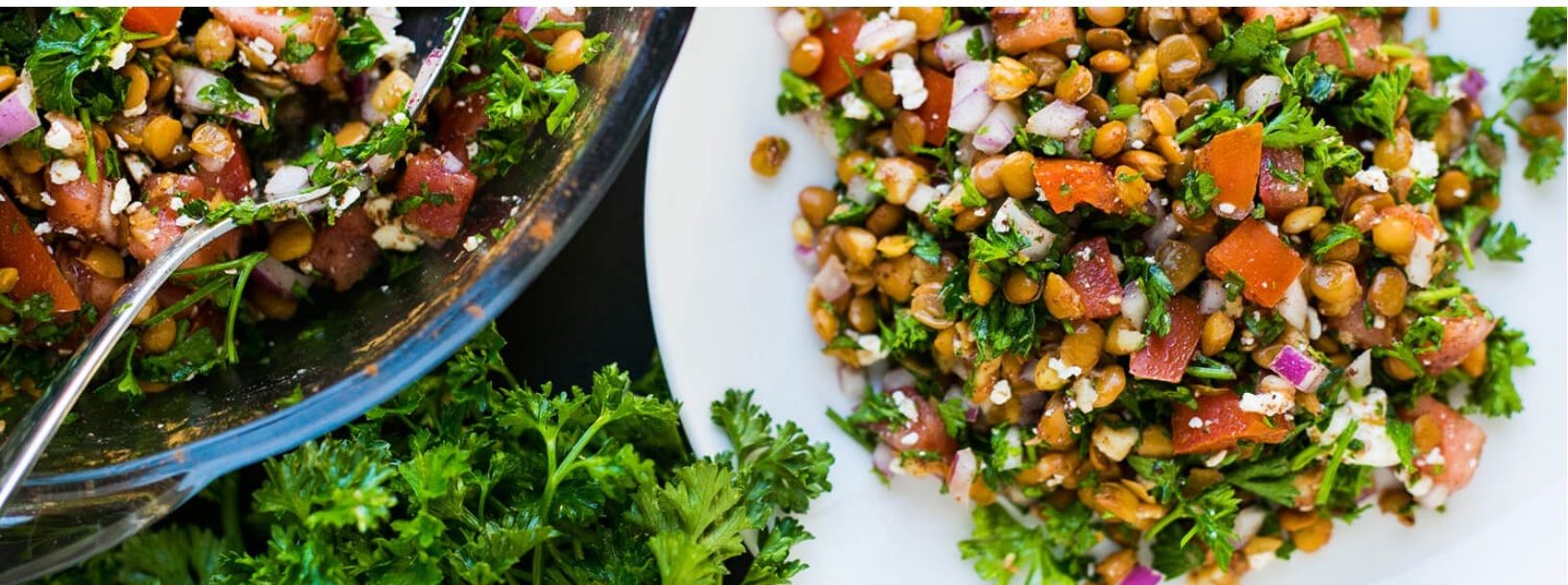
## **Fast and Easy Lunch Options**

Created by Raydiant Wellness LLC



# Lentil & Feta Tabbouleh

9 ingredients · 10 minutes · 4 servings



## Directions

1. Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

## Notes

### Dairy-Free

Omit the feta and use sliced olives or capers instead.

### Storage

Store in an airtight container in the fridge up to 3 days.

## Ingredients

**2 cups** Lentils (cooked)  
**2** Tomato (medium, diced)  
**2/3 cup** Feta Cheese (crumbled)  
**4 cups** Parsley (chopped)  
**1/2 cup** Red Onion (finely diced)  
**1/4 cup** Extra Virgin Olive Oil  
**1/2** Lemon (juiced)  
**2 tsps** Cinnamon (ground)  
Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	344	<b>Protein</b>	15g
<b>Fat</b>	20g	<b>Cholesterol</b>	22mg
Saturated	5g	<b>Sodium</b>	345mg
Trans	0g	<b>Potassium</b>	876mg
Polyunsaturated	2g	<b>Calcium</b>	247mg
Monounsaturated	11g	<b>Iron</b>	8mg
<b>Carbs</b>	30g	<b>Magnesium</b>	78mg
Fiber	11g	<b>Zinc</b>	3mg
Sugar	3g	<b>Selenium</b>	7µg



# Chickpea, Avocado & Feta Salad

9 ingredients · 15 minutes · 4 servings



## Directions

1. Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

## Ingredients

**2 cups** Chickpeas (cooked, drained and rinsed)  
**1/2** Cucumber (diced)  
**4 stalks** Green Onion (chopped)  
**1/4 cup** Parsley (chopped)  
**1** Lime (juiced)  
**1/4 cup** Feta Cheese (crumbled)  
**1 1/2 tsps** Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
**1** Avocado (diced)

## Nutrition

Amount per serving

<b>Calories</b>	268	<b>Protein</b>	10g
<b>Fat</b>	13g	Cholesterol	8mg
Saturated	3g	Sodium	121mg
Trans	0g	Potassium	596mg
Polyunsaturated	2g	Calcium	111mg
Monounsaturated	7g	Iron	3mg
<b>Carbs</b>	30g	Magnesium	65mg
Fiber	10g	Zinc	2mg
Sugar	6g	Selenium	5µg

# Spring Salad

10 ingredients · 15 minutes · 4 servings



## Directions

1. Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
2. In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

## Notes

### Storage

Store in the fridge in an airtight container up to 3 days.

### No Tuna

Use diced chicken breast instead.

### Vegetarian and Vegan

Skip the tuna and add extra lentils.

## Ingredients

**2 cups** Green Lentils (cooked, drained and rinsed)

**3 cups** Snap Peas (washed)

**1 cup** Frozen Peas (thawed)

**2 cups** Baby Spinach (chopped)

**2 cans** Tuna (drained and flaked)

**3 tbsps** Red Wine Vinegar

**1 tbsp** Extra Virgin Olive Oil

**2 tbsps** Dijon Mustard

**1/4 tsp** Sea Salt

**1/4 tsp** Black Pepper

## Nutrition

Amount per serving

<b>Calories</b>	284	<b>Protein</b>	29g
<b>Fat</b>	5g	<b>Cholesterol</b>	30mg
Saturated	1g	<b>Sodium</b>	482mg
Trans	0g	<b>Potassium</b>	806mg
Polyunsaturated	1g	<b>Calcium</b>	87mg
Monounsaturated	3g	<b>Iron</b>	7mg
<b>Carbs</b>	32g	<b>Magnesium</b>	95mg
Fiber	12g	<b>Zinc</b>	2mg
Sugar	6g	<b>Selenium</b>	62µg



# Warm Lentil & Sweet Potato Salad

9 ingredients · 15 minutes · 2 servings



## Directions

1. Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
2. Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
3. Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
4. Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

### Serving Size

One serving is equal to approximately 1 1/2 cups of salad.

### No Sweet Potato

Use cubed butternut squash instead.

## Ingredients

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 2/3 cup Vegetable Broth (divided)
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 cups Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Parsley (chopped, optional)

## Nutrition

Amount per serving

<b>Calories</b>	336	<b>Protein</b>	21g
<b>Fat</b>	1g	<b>Cholesterol</b>	0mg
Saturated	0g	<b>Sodium</b>	587mg
Trans	0g	<b>Potassium</b>	1268mg
Polyunsaturated	0g	<b>Calcium</b>	121mg
Monounsaturated	0g	<b>Iron</b>	9mg
<b>Carbs</b>	63g	<b>Magnesium</b>	123mg
Fiber	19g	<b>Zinc</b>	3mg
Sugar	11g	<b>Selenium</b>	7µg

# Mexican Black Bean Salad

8 ingredients · 15 minutes · 4 servings



## Directions

1. In a large mixing bowl combine the black beans, pepper, onion and avocado.
2. Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
3. Serve chilled and enjoy.

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 cup.

### More Flavor

Add cilantro, tomato, corn or hot sauce.

### No Black Beans

Use cooked lentils or chickpeas instead.

## Ingredients

**2 cups** Black Beans (cooked)

**1** Red Bell Pepper (chopped)

**1/4 cup** Red Onion (chopped)

**1** Avocado (diced)

**1/4 cup** Lime Juice

**1/4 tsp** Chili Powder

**1/4 tsp** Cumin

**1/8 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	210	<b>Protein</b>	9g
<b>Fat</b>	8g	Cholesterol	0mg
Saturated	1g	Sodium	85mg
Trans	0g	Potassium	650mg
Polyunsaturated	1g	Calcium	38mg
Monounsaturated	5g	Iron	2mg
<b>Carbs</b>	29g	Magnesium	81mg
Fiber	12g	Zinc	1mg
Sugar	3g	Selenium	1µg



# Smashed Chickpea Salad Wrap

8 ingredients · 10 minutes · 1 serving



## Directions

1. Add the chickpeas, mustard, lemon juice, and salt to a bowl and roughly mash with a fork. Add the onion and parsley and mix well to combine.
2. Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

## Notes

### Leftovers

Store components separately in the fridge until ready to assemble and serve.

### Gluten-Free

Use a gluten-free or brown rice tortilla.

### Serving Size

One serving is equal to one wrap.

## Ingredients

- 3/4 cup** Chickpeas
- 1 tbsp** Dijon Mustard
- 1 tbsp** Lemon Juice
- 1/16 tsp** Sea Salt
- 1 tbsp** Red Onion (finely chopped)
- 2 tbsps** Parsley (finely chopped)
- 1** Whole Wheat Tortilla (large)
- 2 leaves** Romaine (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	363	<b>Protein</b>	16g
<b>Fat</b>	7g	Cholesterol	0mg
Saturated	2g	Sodium	583mg
Trans	0g	Potassium	676mg
Polyunsaturated	2g	Calcium	192mg
Monounsaturated	2g	Iron	6mg
<b>Carbs</b>	57g	Magnesium	107mg
Fiber	15g	Zinc	3mg
Sugar	8g	Selenium	20µg

# Hummus & Veggie Quesadillas

5 ingredients · 15 minutes · 2 servings



## Directions

1. Lay the tortillas on a plate or cutting board. Top with hummus, tomato, red pepper, and spinach. Fold the tortilla in half and gently press down.
2. Heat a large non-stick pan over medium heat. Add the quesadillas to the pan and cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days. Enjoy cold or reheat in a pan.

### Serving Size

One serving is one quesadilla.

### Gluten-Free

Use a gluten-free tortilla instead.

## Ingredients

2 Whole Wheat Tortilla (large)

1/2 cup Hummus

1 Tomato (small, diced)

1/4 Red Bell Pepper (diced)

1/2 cup Baby Spinach (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	287	<b>Protein</b>	10g
<b>Fat</b>	15g	Cholesterol	0mg
Saturated	4g	Sodium	545mg
Trans	0g	Potassium	490mg
Polyunsaturated	6g	Calcium	140mg
Monounsaturated	5g	Iron	3mg
<b>Carbs</b>	31g	Magnesium	93mg
Fiber	8g	Zinc	2mg
Sugar	2g	Selenium	18µg



# Mushroom & Edamame Stir Fry

10 ingredients · 20 minutes · 2 servings



## Directions

1. Heat the sesame oil in a large pan or skillet over medium-high heat.
2. Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
3. Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
4. Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
5. Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
6. To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add rice vinegar, honey or red pepper flakes to the sauce.

### Additional Toppings

Asian-style hot sauce or sesame seeds.

### No Cauliflower Rice

Use white rice, brown rice or quinoa instead.

### No Kale

Use spinach or Swiss chard instead.

## Ingredients

- 1 1/2 **tsps** Sesame Oil
- 10 **Cremini Mushrooms** (sliced)
- 1/2 **Yellow Onion** (small, sliced)
- 1 **cup** **Kale Leaves** (finely chopped)
- 2 **cups** **Frozen Edamame** (thawed)
- 2 **tbsps** **Vegetable Broth**
- 2 **tbsps** **Tamari**
- 1 **tbsp** **Ginger** (fresh, finely grated)
- 2 **Garlic** (clove, minced)
- 2 **cups** **Cauliflower Rice**

## Nutrition

Amount per serving

<b>Calories</b>	291	<b>Protein</b>	26g
<b>Fat</b>	12g	<b>Cholesterol</b>	0mg
Saturated	2g	<b>Sodium</b>	1088mg
Trans	0g	<b>Potassium</b>	1268mg
Polyunsaturated	5g	<b>Calcium</b>	166mg
Monounsaturated	3g	<b>Iron</b>	6mg
<b>Carbs</b>	27g	<b>Magnesium</b>	120mg
Fiber	12g	<b>Zinc</b>	3mg
Sugar	10g	<b>Selenium</b>	10µg

# Udon Veggie Stir-Fry

7 ingredients · 20 minutes · 2 servings



## Directions

1. Bring a large saucepan of water to a boil. Add udon noodles, blanch for two minutes then transfer to a bowl of cold water.
2. Return the saucepan to the stovetop and heat sesame oil over medium heat. Add the broccoli, mushrooms and carrot. Cook until slightly tender.
3. Add tamari, cooking wine and the noodles. Cook for another 2 to 3 minutes or until heated through.
4. Divide into bowls and enjoy!

## Notes

### Additional Toppings

Garnish with green onions, sesame seeds or toasted cashews.

### No Chinese Cooking Wine

Use dry sherry or mirin instead.

### No Udon Noodles

Use brown rice spaghetti or any other noodles instead.

### More Protein

Add cooked chicken breast, beef strips, shrimp, scrambled egg or tofu.

### Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

### Weighing Your Noodles

Note that this recipe was developed and tested using cooked udon noodles, not dry udon noodles. When weighing your noodles, ensure you weigh them cooked.

## Ingredients

- 14 1/8 ozs Udon Noodles (cooked)
- 2 tsps Sesame Oil
- 2 cups Broccoli (chopped into florets)
- 2 cups Mushrooms (sliced)
- 1 Carrot (medium, peeled and sliced)
- 3 tsps Tamari
- 2 tsps Chinese Cooking Wine

## Nutrition

Amount per serving

<b>Calories</b>	523	<b>Protein</b>	23g
<b>Fat</b>	9g	<b>Cholesterol</b>	0mg
Saturated	1g	<b>Sodium</b>	1968mg
Trans	0g	<b>Potassium</b>	748mg
Polyunsaturated	2g	<b>Calcium</b>	61mg
Monounsaturated	2g	<b>Iron</b>	7mg
<b>Carbs</b>	90g	<b>Magnesium</b>	42mg
Fiber	8g	<b>Zinc</b>	1mg
Sugar	6g	<b>Selenium</b>	11µg