

LUNCHTIME

+ *Rescue* +

COACH JEN

THEWELLPLANNEDKITCHEN.COM





WELCOME TO LUNCHTIME

Simplified

It's time to rescue your everyday lunch choices and give them a healthy upgrade – one that your tastebuds will LOVE.

We've created 5 easy mix-and-match, no-fail recipes that will make prepping your lunches a breeze ...
... and eating them a delight.

They'll also rescue your wallet from pricey takeout meals.

All of the options in this book are:

- ✓ *THM Friendly and Balanced*
- ✓ *Meal prep friendly*
- ✓ *Almost infinitely customizable*
- ✓ *So delicious you'll be looking forward to lunchtime!*



At The Well-Planned Kitchen, we help busy moms make THM EASY and get real results.

We have a [Six Week Bootcamp](#) that teaches my proven system that's helped over 2,600 women just like you. Our goal is to make THM doable and implement stubborn weight strategies for life-long success.

If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer!

We hope this guide helps rescue your THM lunches!



COMMITTED

To your success.

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RESCUE *Prep*

The recipes in this ebook aren't just recipes. They are templates you can use over and over – and never make the same meal twice.

That means they are great for picky eaters AND serious foodies!

Here's how it works:

For each meal, you'll see that some of the ingredients call for a protein, vegetable, and/or E-friendly carb source.

All you have to do is choose an option from the Mix & Match Ingredient List and plug it into the template. You can keep your choices as simple or as fancy as you want. These lists are not comprehensive - just a starting place with some great ideas for delicious meals!

When you get to the second half of this digital book, you'll find specific sheets for THM-friendly Bento Boxes to make incredible lunches on the go.

******The measures in the recipes are for COOKED ingredients – for example, ½ cup of grains means cooked grains, not dry.***

We've also included recipes for 5 fresh and delicious dressings you can use to spice up your meals.

You'll be a lunch-prepping superstar before you know it!



✓ HELPFUL TIP

Do some batch cooking to make your prep even easier.

- Cook up a pot of your favorite grains
- Grill or sauté a protein choice or two
- Slice & chop veggies
- Whisk together some dressings and sauces

RECIPES

LUNCHTIME RESCUE *Power Bowl*

This hearty and delicious bowl is always a go-to favorite.

Because this keeps well in the refrigerator, we recommend cooking up a batch of your favorite grain and making 3-4 bowls for lunches throughout the week. Add the dressing just before serving.

Makes 1 serving.



INGREDIENTS

- Grains (see list): ½ cup (100 g)
- Protein (see list): 3-4 oz (85-115 g)
- Veggies (see list): 1 cup (150 g)
- Beans (see list): ½ cup (80 g)
- Dressing (see list): 2 Tbsp
- Topping (see list): choose 1-2 of your favorites

ASSEMBLY

1. Place the grain, protein, veggies, and beans in a container.
2. Just before it's time to eat, toss with your choice of dressing.
3. Add your favorite topping and enjoy!

RECIPES

LUNCHTIME RESCUE *Salad Bowl*

Salads are a classic lunch option... but sometimes they can leave you feeling hungry just an hour or two later.

Not this one! It's packed with ingredients that will fill you up without weighing you down.

Makes 1 serving.

INGREDIENTS

- Salad greens (see list): 2 big handfuls
- Grains (see list): ½ cup (100 g)
- Protein (see list): 3-4 oz (85-115 g)
- Dressing (see list): 2 Tbsp
- Topping (see list): choose 2-3 of your favorites

ASSEMBLY

1. Combine the greens, grains, and protein in a serving bowl.
2. Toss with your dressing just before it's time to eat, and add your toppings.
3. Enjoy!



RECIPES

LUNCHTIME RESCUE

Sandwich THM E-Friendly

Sandwiches are a great lunch choice because they're fast and easy to make. Plus, they're portable!

This sandwich can be changed up depending on the season, what ingredients you have on-hand, and your mood.

It also can be served as an open-faced sandwich with one slice of bread.

Makes 1 serving.



INGREDIENTS

- 2 slices of THM-friendly sprouted bread
- Spread (see list): 1 tsp
- Salad greens (see list): 2-3 leaves
- Protein (see list): 3-4 oz (85-115 g)
- Toppers (see list): choose 1-2 of your favorites

ASSEMBLY

1. Toast the bread slices, and while it's toasting gather your ingredients.
2. Cover each slice of toasted bread with your sandwich spread.
3. Add the greens, protein, and toppers on top of one of the slices. Cover with the other slice.
4. Wrap it up and keep it refrigerated until it's time to eat.

MIX & MATCH

E Ingredient Options



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WHOLE GRAIN OPTIONS (cooked) FOR POWER BOWLS OR E SALADS

- Quinoa
- Brown Rice
- Farro
- Barley
- Buckwheat
- Millet
- Bulgur
- Amaranth

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BEAN OPTIONS

(canned, rinsed & drained)

- Chickpeas
- Lentils
- Black beans
- Pinto beans
- White beans

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VEGGIE OPTIONS

(roasted, steamed or raw)

- Broccoli
- Beets
- Squash
- Cauliflower
- Cabbage
- Bell peppers
- Green beans or peas
- Carrots
- Sweet Potatoes

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PROTEIN OPTIONS

- Boneless, skinless chicken breast or turkey breast
- Low-fat tuna or salmon, foil-packed or broiled
- turkey bacon
- Hard-boiled egg whites
- low-fat cottage cheese
- 0% Greek yogurt

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SALAD GREEN OPTIONS

- Any lettuce variety
- Spinach or baby kale
- Arugula
- Mesclun
- Frisée
- Radicchio
- Escarole
- Endive
- Sprouts

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TOPPING OPTIONS

- garnish amount nuts or seeds (pepitas, sunflower seeds, pecans, walnuts etc) (if you aren't using any dressing or any other added fat)
- 4 Tbsp diced apple, grapes, berries
- 1 tsp feta or goat cheese crumbles (if you aren't using any dressing or any other added fat)
- Roasted red pepper strips or roasted eggplant slices
- Lettuce, tomato or cucumber slices
- Pickles, kimchi, or sauerkraut

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DIPPING SAUCES, SPREADS AND DRESSING OPTIONS

- hummus
- vinegar, salt, and pepper
- lemon or lime juice with salt and pepper
- fat-free or low-fat homemade E-friendly dressing
- any THM-friendly dip made with 0% Greek yogurt
- Green Goddess Dressing (see recipe & use 0% Greek yogurt)
- Lime & Cilantro Dressing (see recipe)

MIX & MATCH

Ingredient Options



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MOCK "GRAIN" OPTIONS *(cooked)*

- Cauliflower rice

+

DAIRY OPTIONS

- Cubed cheese of choice

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VEGGIE OPTIONS

(roasted, steamed or raw)

- Broccoli
- Beets
- Squash
- Cauliflower
- Cabbage
- Bell peppers
- Green beans or peas
- Zucchini
- Mushrooms

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PROTEIN OPTIONS

- Rotisserie chicken or turkey
- Bacon
- Steak
- Ground Beef, Chicken, or Turkey
- Tuna or salmon, foil-packed or broiled
- Hard-boiled eggs
- Cottage cheese
- Greek yogurt

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SALAD GREEN OPTIONS

- Any lettuce variety
- Spinach or baby kale
- Arugula
- Mesclun
- Frisée
- Radicchio
- Escarole
- Endive

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TOPPING OPTIONS

- 1 oz (28 g) nuts or seeds (pepitas, sunflower seeds, pecans, walnuts etc).
- 4 Tbsp berries
- ¼ avocado, peeled & cubed
- 2 Tbsp feta or goat cheese crumbles
- Roasted red pepper strips or roasted eggplant slices
- Lettuce, tomato or cucumber slices
- Pickles, kimchi, or sauerkraut

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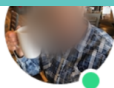
DIPPING SAUCES, SPREADS AND DRESSING OPTIONS

- ¼ avocado, mashed
- On-plan salad dressing
- 2-3 Tbsp tzatziki
- 2 Tbsp pesto
- Mom's Balsamic Dressing *(see recipe)*
- Green Goddess Dressing *(see recipe)*
- Thai Peanut Dressing *(see recipe)*
- Lime-Cilantro Dressing *(see recipe)*
- Ranch Dressing *(see recipe)*

SIMPLE SOLUTIONS

Incredible Results!

JUST A FEW OF HUNDREDS OF BOOTCAMP FEEDBACK POSTS...



Debbie

Wednesday Weekly Weigh-In (...)

Down 7.6 pounds since starting Bootcamp on Sept 5. So thankful for you, Jen, and all I have learned from you in Bootcamp. I think I have previously started to follow the plan so many mornings before joining Bootcamp and thrown in the towel by noon. But you have given me tools and resources to follow the plan (I haven't done it perfectly, of course, but overall) for this time in Bootcamp. So grateful!



member

Extra Resources

You are amazing!! Thank you for all the resources! There's no reason for us not to succeed... It was well worth the \$ just for these resources! Thank you 🥰

RECIPES

LUNCHBOX RESCUE *Bento Box*

Bento Boxes win the award for the “funnest” lunch option.

These boxes – which originated in Japan – usually have several compartments for different types of food. That makes them a great option for portable lunches. They are a favorite of people who love to “graze” or eat with their fingers.

To make a healthy & filling Bento Box lunch, be sure to include as many categories on the appropriate pages as possible!

Makes 1 serving, but I HIGHLY recommend putting together 3-4 boxes at a time for super quick, easy, and delicious lunches!

INGREDIENTS

- Choose any from the appropriate lists on the following pages



ASSEMBLY

1. Place the fuel-appropriate items into different compartments in your container.
2. Add a dressing (if applicable) to pour over your ingredients when it's time to eat, or use it as a dipping sauce for your veggies.



E-Friendly Bento Boxes

Pack your box with one from each category:

CHOOSE YOUR PROTEIN:

- 2-3 slices lean deli meat
- hard-boiled eggs (whites only)
- 1/3 cup chopped chicken or turkey breast
- 1 small fish filet
- 1 small pack drained tuna (in water)
- Oikos Triple Zero yogurt
- 1/4 - 1/2 cup low-fat cottage cheese
- 1/4 - 1/2 cup 0% Greek yogurt
- collagen
- Turkey Chomps stick

CHOOSE ONE*:

- 1/4 cup cooked brown rice
- 1/4 cup cooked quinoa
- cubed, toasted sprouted bread
- 1 serving Baked Tostitos
- 1 serving sprouted pretzels
- 1 serving Popcorners (plain)
- 1 serving popcorn (on-plan)
- 1 brown rice cake
- Wasa crackers (2 of an on-plan variety)

*The carb count for the entire protein box should be 45 grams or under. If you don't choose to have fruit, you can have more or double the rice or quinoa from this box.

ADD:

- strawberries
- blackberries
- raspberries
- cherries
- blueberries
- mango slices
- apple slices
- orange slices
- melon
- small stone fruit (apricot, plum, nectarine, etc)
- mandarin orange

ADD 1/4 CUP:

- grape or cherry tomatoes
- sliced cucumbers
- celery
- carrots
- grape tomatoes

Place each individual item you've chosen in a separate compartment of a bento box or segmented food storage container.

Make 3 at a time for several healthy grab-and-go meals throughout the week!

FP-Friendly Bento Boxes

Pack your box with one from each category:

CHOOSE YOUR PROTEIN:

- 2-3 slices lean deli meat
- hard-boiled eggs (whites only)
- 1/3 cup chopped chicken or turkey breast
- 1 small fish filet
- 1 small pack drained tuna (in water)
- Oikos Triple Zero yogurt
- 1/4 - 1/2 cup low-fat cottage cheese
- 1/4 - 1/2 cup 0% Greek yogurt
- collagen
- Turkey Chomps stick

ADD:

- FP Baked Good from Trim Healthy Mama
- 1 Sourdough Wasa with Light Laughing Cow OR
- 2 Wasa Light Rye with Light Laughing Cow OR
- 1 Wasa Multigrain with Light Laughing Cow
- pickles
- seaweed
- THM Brownie Fix Bars

ADD:

- strawberries
- blackberries
- raspberries
- grape or cherry tomatoes
- sliced cucumbers
- celery
- carrots
- grape or cherry tomatoes

INSTRUCTIONS:

Place each individual item you've chosen in a separate compartment of a bento box or segmented food storage container.

Make 3 at a time for several healthy grab-and-go meals throughout the week!

S-Friendly Bento Boxes

Pack your box with one from each category:

CHOOSE YOUR PROTEIN:

- 2-3 slices deli meat or salami
- hard-boiled egg
- 1/3 cup chopped steak
- 1 small salmon filet
- 1/3 cup chopped chicken
- 1 bone-in piece of chicken
- 1-2 cooked low-carb meatballs
- 1 small pack drained tuna
- 1/4 - 1/2 cup cottage cheese

CHOOSE 1/4 CUP:

- nuts: almonds, pistachios, walnuts, pecans, peanuts.
- seeds: pumpkin seeds, sunflower seeds
- pickles
- olives - black or green (spicy olives are a great addition)
- artichoke hearts
- cheese (string cheese or other favorite cheese)

ADD 1/4 CUP:

- strawberries
- blackberries
- raspberries

ADD 1 SERVING:

- Lily's Baking Chips
- Lily's Chocolate Bar
- Other low-carb chocolate (like Trim Healthy Mama Brand)
- dark chocolate

ADD 1/4 CUP:

- grape or cherry tomatoes
- sliced cucumbers
- sliced carrots
- 1/2 of an avocado

Place each individual item you've chosen in a separate compartment of a bento box or segmented food storage container.

Make 3 at a time for several healthy grab-and-go meals throughout the week!

BONUS LUNCHBOX RESCUE

Dressing Recipes

MOM'S BALSAMIC DRESSING (S-Friendly)

(Makes 12 x 2-Tbsp servings)

INGREDIENTS

- 1 cup (240 ml) extra virgin olive oil
- ⅓ cup (80 ml) balsamic vinegar
- 1 tbsp dried parsley
- 1/2 tsp sea salt
- 1/4 tsp black pepper (just to season)
- 1 tbsp mustard
- 1 garlic clove, minced
- on-plan sweetener to taste

ASSEMBLY

1. Add all ingredients into a bowl & whisk until thick and creamy.
2. Check for seasoning.

GREEN GODDESS DRESSING (S or E-Friendly - check ingredients)

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- 1 cup (225 grams) of full-fat Greek yogurt for an S recipe, 1 cup non-fat Greek yogurt for an E or FP recipe
- 1 cup (about 25 grams) fresh herbs (remove any tough stems)
- 2 garlic cloves, chopped
- ½ tsp sea salt
- Black pepper, to taste

ASSEMBLY

1. Place all the ingredients in a food processor and process until smooth and green – the herbs should be reduced to tiny flecks.
2. Taste and add more salt and/or pepper if necessary.
3. This will keep in the fridge for up to a week.

BONUS LUNCHBOX RESCUE

Dressing Recipes

THAI PEANUT DRESSING (S-Friendly)

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- ½ cup (120 g) creamy peanut butter
- 2 Tbsp coconut aminos
- 1 Tbsp low-carb honey substitute
- 1 tsp ground ginger (or 2 teaspoons fresh grated ginger)
- 1½ Tbsp apple cider vinegar
- 2-3 “squirts” sriracha sauce (to taste)
- 3-4 Tbsp warm water (to thin the sauce if needed)

ASSEMBLY

1. Place all the ingredients except the water in a small bowl. Stir together until it starts to combine.
2. Add 1 Tbsp of water and whisk together until it reaches your desired consistency, adding more water if necessary.

LIME & CILANTRO DRESSING (S-Friendly; can use 2 tbsp in E or FP if there's no other added fat)

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- ½ cup (15 g) finely minced fresh cilantro leaves
- ½ cup (120 ml) extra virgin olive oil
- Juice of 1 large lime
- 2 Tbsp water
- 1 Tbsp apple cider vinegar
- 2 tsp low-carb honey substitute
- ½ tsp sea salt

INGREDIENTS CONTD.

- 1 clove garlic, minced
- ½ tsp dried oregano
- 2-3 pinches freshly ground black pepper

ASSEMBLY

1. Place ingredients in a blender or small food processor. Pulse until emulsified.
2. Taste and adjust the seasonings.
3. This will keep for one week in the fridge.

BONUS LUNCHBOX RESCUE

Dressing Recipes

RANCH DRESSING

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- 1 cup (250 g) nonfat plain greek yogurt
- 2 tsp garlic powder
- ½ tsp onion powder
- 1 tsp dried parsley
- 1 tsp dried chives
- ¼ tsp freshly ground black pepper (add more to taste)
- 1 Tbsp fresh lemon juice
- 1 tsp dried dill
- ½ tsp sea salt, plus more to taste
- pinch of stevia to taste (you may like this as-is and may not want to add sweetener - I usually skip it)
- 3-4 Tbsp water to thin dressing

ASSEMBLY

1. Place all the ingredients except the water in a bowl or mason jar and whisk together until well combined, adding water 1 tsp at a time until it reaches your desired consistency.
2. Taste and adjust seasonings if necessary.
3. This will keep for a week in the refrigerator.

Ready to Take Your NEXT STEPS?

As a Certified THM Lifestyle Coach, my mission is to help busy moms elevate their THM journey the EASY WAY. I help women get on plan and stay on plan for good!

If you're ready to accelerate and looking for a better way to make THM your lifestyle so you can lose weight, I want to invite you to experience an easier approach that's already gotten thousands of women amazing results.

Ways to Work With Me:

Six Week THM Bootcamp

Bootcamp helps you get on plan and stay on plan, no matter what. Bootcamp can jumpstart your journey for maximum results.

[LEARN MORE HERE](#)

Diana W. Results 

From the start of this Bootcamp I am down 15 lbs...Jen, I can't thank you enough for sharing your knowledge of THM and breaking it down so that even I can follow what you're saying!

Bootcamp has been a game changer for me and like all the other testimonials, I WISH I HAD JOINED A BOOTCAMP SOONER!!! Forever grateful for this group!!! ♥



CERTIFIED THM COACH JEN

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