

Vegetarian Meal Prep for One

3 different lunches | 1 grocery list | approx. 20 minutes of shared prep

SHOPPING LIST

FRESH PRODUCE

- ☐ 1 medium bell pepper (approx. 1 cup chopped)
- ☐ 2 small Persian cucumbers (approx. 1 cup)
- ☐ Baby spinach (2 loosely packed cups)
- ☐ 1 medium apple
- ☐ 1 lemon (approx. 1 Tbsp juice)

CANNED & PACKAGED

- ☐ 1 can chickpeas (15-15.5 oz; aim for 1 1/2 cups drained)
- ☐ 3 medium flour tortillas (approx. 8 inches)
- ☐ Classic hummus (4 Tbsp)
- ☐ Plain nonfat Greek yogurt (one 5.3 oz / 150 g cup)
- ☐ Shredded cheddar (1/4 cup)

PANTRY

- ☐ Olive oil (1 tsp)
- ☐ Garlic powder (1/4 tsp)
- ☐ Smoked paprika (1/4 tsp)
- ☐ Ground cumin (1/8 tsp)
- ☐ Salt and black pepper, to taste

PREP-AHEAD CHECKLIST

- ☐ Wash fresh produce; leave the apple whole.
- ☐ Drain and rinse chickpeas; divide into three 1/2-cup portions.
- ☐ Chop pepper and cucumber.
- ☐ Portion spinach, hummus, yogurt and cheese.
- ☐ Keep tortillas sealed, away from wet fillings.
- ☐ Put perishable ingredients into the fridge promptly.

PORTIONING NOTES

Chickpeas: 1/2 cup each day

Pepper: 1/4 cup / 1/2 cup / 1/4 cup

Cucumber: 1/3 cup / 2/3 cup / none

Spinach: 1/2 cup / 1/2 cup / 1 cup

Yogurt: 2 Tbsp / 1/4 cup / 1/4 cup

Hummus: 2 Tbsp on Days 1 and 2

THREE-DAY LUNCH PLAN

DAY 1 Creamy Chickpea Wrap + Apple

Cold / about 5 min

DAY 2 Smoky Chickpea Lunch Box

No-cook / about 5 min

DAY 3 Chickpea & Cheddar Quesadilla

Warm / about 8-10 min

Prep only the components in advance; assemble each lunch close to serving time.

Vegetarian Meal Prep for One

Quick assembly instructions | Keep this page on the fridge

DAY 1 Creamy Lemon-Chickpea Wrap + Apple

1 tortilla; 1/2 cup chickpeas; 2 Tbsp hummus; 2 Tbsp yogurt; 1/2 cup spinach; 1/4 cup pepper; 1/3 cup cucumber; 1 tsp lemon; 1/8 tsp garlic powder; 1 apple.

1. Mash chickpeas with lemon, garlic powder and pepper.
2. Spread hummus on tortilla; add spinach, chickpeas and chopped vegetables.
3. Add yogurt (or pack separately), roll tightly and enjoy with the apple.

DAY 2 Smoky Chickpea & Crunchy Veggie Lunch Box

1/2 cup chickpeas; 1/2 cup pepper; 2/3 cup cucumber; 1/2 cup spinach; 1 tortilla; 2 Tbsp hummus; 1/4 cup yogurt; 1 tsp lemon; 1/8 tsp smoked paprika.

1. Toss chickpeas with smoked paprika, lemon and black pepper.
2. Pack chickpeas, pepper, cucumber and spinach in separate compartments.
3. Pack hummus and yogurt in TWO separate dip containers; add tortilla wedges.

DAY 3 Cheesy Chickpea & Spinach Quesadilla

1 tortilla; 1/2 cup chickpeas; 1 cup spinach; 1/4 cup pepper; 1/4 cup cheddar; 1/4 cup yogurt; 1 tsp olive oil; 1 tsp lemon; 1/8 tsp each cumin, paprika and garlic powder.

1. Mash chickpeas with lemon and spices.
2. Heat oil; soften peppers, then warm chickpeas and wilt spinach.
3. Add filling and cheddar to tortilla; fold and brown both sides until hot.
4. Serve with Greek yogurt dip.

SAFE STORAGE

Keep perishable foods at 40 F or below; refrigerate promptly. Use chilled packs for transport.

Never leave perishables unrefrigerated over 2 hours (1 hour above 90 F).

Preparation times and serving sizes are estimates; adapt as needed.
