

# 75 Easy And Delicious Recipes For Lunches On The Go



Are you tired of eating the same old boring lunch every day? Do you find yourself settling for unhealthy fast food options because you don't have the time or energy to prepare a delicious meal to take with you? Well, worry no more! We have

gathered 75 easy and delicious recipes that are perfect for lunches on the go. With these recipes, you'll never have to settle for a boring lunch again.

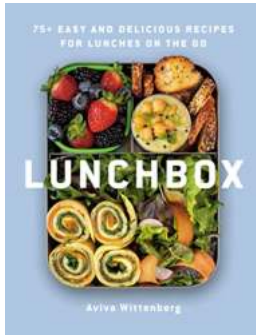
## 1. Chicken Avocado Wrap



**Lunchbox: 75+ Easy and Delicious Recipes for Lunches on the Go** by Aviva Wittenberg (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English



File size : 2097 KB  
Text-to-Speech: Enabled  
Screen Reader: Supported  
Print length : 232 pages



This chicken avocado wrap is packed with flavor and nutrients. It's the perfect option for a healthy and satisfying lunch on the go. The combination of tender chicken, creamy avocado, and crunchy lettuce is simply irresistible. Wrap it all up in a whole wheat tortilla for a complete meal.

## **2. Quinoa Salad with Roasted Veggies**



If you're looking for a light and refreshing lunch option, this quinoa salad with roasted veggies is for you. The nutty flavor of quinoa pairs perfectly with the sweetness of roasted vegetables like bell peppers, zucchini, and cherry tomatoes. Add some feta cheese and a drizzle of balsamic vinaigrette for an extra touch of deliciousness.

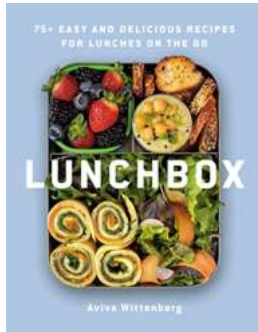
### **3. Turkey and Hummus Wrap**



This turkey and hummus wrap is not only delicious but also high in protein, making it a great option for a filling lunch. The combination of lean turkey slices, creamy hummus, and crunchy veggies is simply amazing. Wrap it all up in a whole wheat tortilla for a nutritious and flavorful meal.

These are just a few examples of the amazing recipes you'll find in our collection of 75 easy and delicious recipes for lunches on the go. Whether you're a meat

lover, a vegetarian, or looking for gluten-free options, we have something for everyone. Say goodbye to boring lunches and hello to tasty and convenient meals. Start trying these recipes today and never settle for a mediocre lunch again.



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A must-have cookbook of lunches you can look forward to all morning long! 75+ fail-safe recipes (and oodles of strategies and tips) for delicious lunchboxes and bowls your whole family can enjoy.

Say goodbye to the same boring, limited lunch rotation, and hello to everyone's new favorite meal of the day! Lunchbox has literally months' worth of recipes for flavorful, filling, nutritious, and delicious meals—guaranteed to stay fresh until lunch. With chapters on Soups, Sandwiches, Salads, Warm Bowls, Cold Bowls, Handpies, and Brunch for Lunch—as well as simple, satisfying snacks and sweet treats to pack alongside—these straightforward recipes will get you out of your lunch rut for good.

Every recipe has a “Get Ahead” tip, calling out exactly what can be made ahead of time, as well as a “Packing Tip” on how to pack a balanced and beautiful lunchbox; the steps are fuss-free, and all ingredients can be found in your local

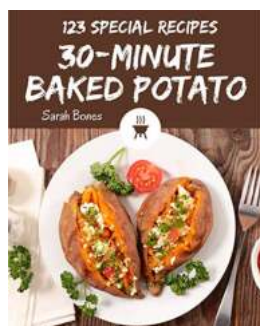
grocery store. In addition to the recipes are lunch packing strategies and multi-week meal plans to help you efficiently plan your menu and your time, streamlining meal prep to avoid that stressful morning crunch. Special callouts are included—such as “Great for Kids”—and all recipes are completely nut-free. With plenty of vegan and vegetarian options, hot and cold weather seasonal suggestions, and freezer-friendly choices, too.

Lunchbox has something for everyone. Whether it’s back to the office or back to school, Lunchbox is packed with satisfying recipes and ideas to start your day off right.



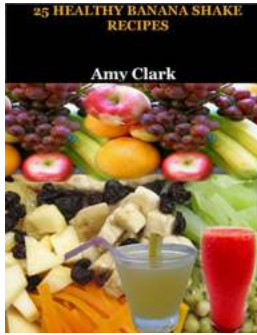
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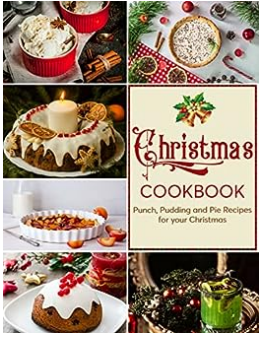
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