

5-DAY LUNCHBOX MEAL PLAN

+ Shopping List | homemaderecipes.com



THIS WEEK'S ROTATION

MON



Turkey & Hummus
Pinwheel Wraps

TUE



Cold Sesame
Noodle Jars

WED



Build-Your-Own
Protein Box

THU



Chicken Caesar
Pasta Salad Cups

FRI



Sunbutter & Jelly
Sushi Rolls

SHOPPING LIST

PRODUCE

- ☐ Baby spinach
- ☐ Shredded carrots
- ☐ Shredded cabbage
- ☐ Cherry tomatoes
- ☐ Romaine lettuce
- ☐ Grapes or berries

PROTEIN

- ☐ Deli turkey
- ☐ Deli ham or salami
- ☐ Rotisserie chicken
- ☐ Frozen shrimp / edamame
- ☐ Hard-boiled eggs

PANTRY

- ☐ Flour tortillas
- ☐ Whole wheat spaghetti
- ☐ Rotini pasta
- ☐ Soy sauce + rice vinegar
- ☐ Hummus
- ☐ Sunflower seed butter + jam

DAIRY

- ☐ Shredded cheddar
- ☐ Shaved parmesan
- ☐ Caesar dressing

SUNDAY PREP CHECKLIST

- ☐ Cook pasta + noodles, cool completely
- ☐ Roll & slice turkey hummus pinwheels
- ☐ Toss sesame noodles, jar them up
- ☐ Assemble 5 protein boxes
- ☐ Make Caesar pasta salad cups
- ☐ Roll sunbutter & jelly sushi rounds
- ☐ Label containers with day of week
- ☐ Load ice packs into the freezer



★ PRO TIP

Two ice packs beat one: one under the food, one on top, for full cold coverage.

PRINT IT • STICK IT ON THE FRIDGE • CHECK OFF AS YOU PACK

Make it once on Sunday. Repeat all week. — homemaderecipes.com