

Five lunches. A lighter week.

A five-day lunch plan for one person, with a combined grocery list and two short prep sessions. This covers lunches only; add breakfast, dinner and snacks to suit your needs.

DAY	LUNCH	WHAT TO DO
Monday	Lemon chickpea couscous salad	Eat the first of two portions.
Tuesday	Lemon chickpea couscous salad	Keep chilled until lunchtime.
Wednesday	Chickpea yogurt wrap	Make filling in the morning; assemble at lunch.
Thursday	Chickpea yogurt wrap	Use the second filling portion; add fresh lettuce.
Friday	Savory cottage cheese bowl	Assemble fresh; pack toast or crackers separately.

Two small prep sessions

Sunday evening: Make the two-serving couscous salad. Refrigerate promptly in two covered containers for Monday and Tuesday.

Wednesday morning: Make the two-wrap chickpea filling. Keep filling, tortillas and lettuce separate until serving. Chop Friday's vegetables now if convenient and keep covered and chilled.

Friday: Spoon cottage cheese into a bowl, add the vegetables and dressing, and pack bread or crackers separately. About five minutes.

Flexible portions

Add fruit, bread or another side if you want a larger lunch. This plan is not a full-day nutrition target or an individualized diet. Check labels for milk, wheat and mustard; choose suitable alternatives for your needs.

Your combined grocery list

These amounts cover all five lunches for one person. Check your pantry before shopping. Package sizes and produce yield vary; buy the smallest practical amounts and use the extras in other meals.

Produce

- ☐ Cucumber: 1 1/2 cups diced total (about 1 medium to large cucumber)
- ☐ Cherry tomatoes: 1 1/2 cups total
- ☐ Celery: 1/2 cup finely diced (about 1-2 stalks)
- ☐ Carrot: 1/4 cup grated (about 1 small carrot)
- ☐ Lettuce: 2 handfuls
- ☐ Fresh parsley: 3 tablespoons chopped (or 2 tablespoons parsley plus 1 tablespoon basil)
- ☐ Lemons: enough for 3 tablespoons plus 1 teaspoon juice (buy about 2)

Canned foods, dairy and grains

- ☐ Chickpeas: 2 cans, 15 ounces each
- ☐ Plain Greek yogurt: 1/3 cup
- ☐ Cottage cheese: 3/4 cup
- ☐ Dry couscous: 1/2 cup
- ☐ Large tortillas: 2
- ☐ Toast or whole-grain crackers: enough for Friday, to appetite

Pantry checks

- ☐ Olive oil: 2 tablespoons plus 1 teaspoon
- ☐ Dijon mustard: 1 teaspoon
- ☐ Ground cumin: 1/4 teaspoon
- ☐ Salt and black pepper: to taste

Optional sides: fruit, extra bread or other foods you enjoy. These are not included in the recipe quantities above.

Three simple recipes

Lemon chickpea couscous salad / 2 lunches

Ingredients: 1/2 cup dry couscous; 1/2 cup boiling water or package amount; 1 can chickpeas (15 oz), drained and rinsed; 1 cup diced cucumber; 1 cup halved cherry tomatoes; 2 tbsp olive oil; 2 tbsp lemon juice; 1/4 tsp cumin; 2 tbsp chopped parsley; salt and pepper.

Method: Prepare couscous according to the package; fluff. Whisk oil, lemon juice, cumin and pepper. Toss with chickpeas, vegetables and parsley. Season to taste, divide into two containers and refrigerate promptly.

[Full recipe and printable recipe card](#)

Chickpea yogurt wraps / 2 lunches

Ingredients: 1 can chickpeas (15 oz), drained and rinsed; 1/3 cup plain Greek yogurt; 1 tsp Dijon mustard; 1 tbsp lemon juice; 1/2 cup diced celery; 1/4 cup grated carrot; 2 large tortillas; 2 handfuls lettuce; pepper.

Method: Roughly mash chickpeas. Mix in yogurt, mustard, lemon, celery, carrot and pepper. Refrigerate filling in two portions. At lunch, put lettuce and one portion of filling on each tortilla, fold in the sides and roll.

[Full recipe and printable recipe card](#)

Savory cottage cheese bowl / 1 lunch

Ingredients: 3/4 cup cottage cheese; 1/2 cup halved cherry tomatoes; 1/2 cup diced cucumber; 1 tsp olive oil; 1 tsp lemon juice; 1 tbsp chopped parsley or basil; pepper; toast or crackers.

Method: Spoon cottage cheese into a bowl. Toss vegetables with oil, lemon, herbs and pepper. Add to the cheese just before eating. Serve with toast or crackers, kept separate until lunch.

[Full recipe and printable recipe card](#)

Keep your lunches cold

Keep perishable food at 40 F or below. Refrigerate within two hours, or one hour above 90 F. Use prepared refrigerated leftovers within 3-4 days, following any shorter ingredient instructions. Carry lunch with cold sources and refrigerate on arrival. The Sunday batch is for Monday/Tuesday; the Wednesday filling is for Wednesday/Thursday.

[Storage source: USDA - Leftovers and Food Safety](#)