



Cold Lunch Rotation Chart

Use this rotation chart to mix and match satisfying, no-heat lunches that are high in fiber, rich in protein, and easy to prep ahead. Perfect for summer days when turning on the stove just isn't an option.

5 Easy Cold Lunch Ideas

- 1. Mediterranean Lentil Salad with Iceberg Lettuce and Lemon-Herb Dressing
- 2. Mason Jar Chicken Salad with Quinoa, Cucumber, and Greens
- 3. Shrimp Zoodle Bowl with Tomatoes and Coconut-Lemon Drizzle
- 4. Bean & Apple Crunch Salad with Cabbage and Mustard Vinaigrette
- 5. No-Heat Egg Plate with Pickled Veggies and Chia-Herb Dressing

Build-Your-Own Cold Fusion Bowl

Choose one from each category:

- Protein:
 - - Lentils
 - - Shredded chicken
 - - Eggs
 - - Shrimp
 - - White beans
- Crunch:
 - - Cucumber
 - - Radish
 - - Shredded cabbage
 - - Apple
 - - Celery
- Freshness:
 - - Iceberg lettuce



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- - Spinach
- - Herbs
- - Zoodles
- - Romaine
- Flavor Boost:
 - - Lemon juice
 - - Apple cider vinegar
 - - Dijon mustard
 - - Coconut oil
 - - Herb salt

Weekly Cold Lunch Planner

Day	Lunch Plan
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	