



LUNCH MADE SIMPLE

20 COMPLETE LUNCH RECIPES

PROTEIN + COMPLEX CARBS

PROTEIN + VEGETABLES + FRUIT



NUTRITION

STRENGTH

A STRONGER YOU

HOW TO USE THIS GUIDE

Each recipe makes one lunch and gives a starting portion. The first 12 pair protein with a favorable complex carbohydrate and vegetables. The final eight pair protein and vegetables with fruit.

Choose the meal pattern that fits your Rzone Nutrition Template and workout schedule. Most recipes aim for a protein portion near 20-30 grams, with a planned complex carbohydrate portion around 30-40 grams when included. Fruit also contributes carbohydrate.

All cooking times are estimates. Use a food thermometer for meat, poultry and fish; follow package directions for prepared products. Cooked portion weights, brands and sauces affect nutrition. Adjust amounts to your individual needs.

PROTEIN FINDS / GREAT CARB FINDS

Find full product photos and shopping options in the Protein Finds and Great Carb Finds guides.

Both guides are on the Nutrition Support page linked below.

Check current labels for portions, protein, sodium and ingredients.

MORE RZONE NUTRITION RESOURCES

rzonefitness.com/nutrition-support/

rzonefitness.com/nutrition-templates/

rzonefitness.com/nutrition-visual-guides/



PROTEIN + COMPLEX CARB + VEGETABLES

01 GRASS-FED BEEF AND SWEET POTATO BOWL

1 SERVING | PREP 10 MIN | COOK 15 MIN

INGREDIENTS

4 oz cooked lean grass-fed ground beef; 3/4 cup cubed sweet potato; 1 cup spinach; 1/2 red bell pepper; 1 tsp olive oil; garlic, paprika and pepper.

METHOD

- 01 Toss sweet potato with half the oil and paprika. Roast at 425 F for 15-20 minutes, until tender.
- 02 Brown the beef in a skillet over medium heat, breaking it into crumbles. Cook ground beef to 160 F; drain if needed.
- 03 Sauté pepper and spinach in remaining oil until wilted. Assemble beef, sweet potato and vegetables in a bowl.



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02 GROUND TURKEY RICE BOWL

1 SERVING | PREP 10 MIN | COOK 12 MIN

INGREDIENTS

4 oz cooked lean ground turkey; 2/3 cup cooked brown rice; 1 cup broccoli; 1/2 cup shredded carrot; 1 tsp olive oil; ginger and garlic.

METHOD

- 01 Heat cooked rice. Steam broccoli and carrots until just tender.
- 02 Brown turkey in a skillet with oil, ginger and garlic; cook ground turkey to 165 F.
- 03 Spoon turkey over rice and add vegetables. Finish with lemon or a little low-sodium soy sauce if desired.



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03 STEAK AND QUINOA PLATE

1 SERVING | PREP 10 MIN | COOK 12 MIN

INGREDIENTS

4 oz cooked lean steak; 3/4 cup cooked quinoa; 1 cup asparagus; 1/2 cup cherry tomatoes; 1 tsp olive oil; lemon and pepper.

METHOD

- 01 Cook quinoa according to package directions if it is not already prepared.
- 02 Season steak and sear in a hot skillet to at least 145 F; rest 3 minutes, then slice across the grain.
- 03 Roast or saute asparagus with oil. Serve steak with quinoa, asparagus, tomatoes and lemon.



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04 CHICKEN BREAST AND POTATO PLATE

1 SERVING | PREP 10 MIN | COOK 20 MIN

INGREDIENTS

4 oz cooked chicken breast; 1 medium potato; 1 1/2 cups green beans; 1 tsp olive oil; lemon, garlic and dried herbs.

METHOD

- 01 Cube potato, toss with oil and herbs, and roast at 425 F for about 20 minutes until tender.
- 02 Season chicken and cook in a skillet until the thickest part reaches 165 F. Rest, then slice and measure 4 oz.
- 03 Steam green beans until crisp-tender. Plate with chicken, potato and lemon.



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05 SALMON AND BROWN RICE

1 SERVING | PREP 10 MIN | COOK 15 MIN

INGREDIENTS

4 oz cooked salmon; 2/3 cup cooked brown rice; 1 cup broccoli; 1/2 cup cucumber; lemon, pepper and 1 tsp olive oil.

METHOD

- 01 Bake salmon at 400 F for about 12-15 minutes, until it reaches 145 F or flakes easily.
- 02 Heat rice and steam broccoli. Slice cucumber and squeeze lemon over the salmon.
- 03 Arrange salmon, rice and vegetables in a bowl; drizzle with olive oil.



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06 WHITE FISH AND BLACK BEAN BOWL

1 SERVING | PREP 10 MIN | COOK 12 MIN

INGREDIENTS

5 oz cooked cod or other white fish; 2/3 cup cooked black beans; 1 cup lettuce; 1/2 cup tomato; 1/2 cup bell pepper; lime and cumin.

METHOD

- 01 Season fish with cumin and cook in a lightly oiled skillet until it reaches 145 F and flakes.
- 02 Warm rinsed black beans. Chop lettuce, tomato and pepper.
- 03 Flake fish over the beans and vegetables. Add lime juice and salsa if desired.



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07 CHICKEN SKEWER GRAIN BOWL

1 SERVING | PREP 10 MIN | COOK 5 MIN

INGREDIENTS

2 WestEnd Cuisine Mediterranean chicken skewers; 2/3 cup cooked brown rice; 1 cup greens; 1/2 cup each cucumber and tomato; lemon.

METHOD

- 01 Heat skewers as directed on the package. Heat prepared brown rice.
- 02 Chop cucumber and tomato and toss with greens and lemon.
- 03 Build a bowl with rice, salad and two skewers. Check the package portion and protein amount.



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08 TURKEY TACO BOWL

1 SERVING | PREP 10 MIN | COOK 12 MIN

INGREDIENTS

4 oz cooked lean ground turkey; 2/3 cup cooked brown rice; 1 cup romaine; 1/2 cup tomato; 1/2 cup peppers; 2 Tbsp salsa; taco spices.

METHOD

- 01 Brown turkey with taco spices in a skillet until it reaches 165 F.
- 02 Warm prepared rice. Chop romaine, tomato and peppers.
- 03 Layer rice, turkey and vegetables; spoon salsa over the top.



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09 CILANTRO LIME CHICKEN AND QUINOA

1 SERVING | PREP 10 MIN | COOK 5 MIN

INGREDIENTS

5 oz Kevin's Cilantro Lime Chicken; 3/4 cup cooked quinoa; 1 cup sliced peppers; 1 cup spinach; lime and 1 tsp olive oil.

METHOD

- 01 Heat the chicken and sauce according to its package directions.
- 02 Warm prepared quinoa. Saute peppers and spinach in olive oil until tender.
- 03 Serve chicken over quinoa and vegetables. Add lime to taste; count the packaged sauce in the meal.



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10 CHICKEN CRUMBLE BLACK BEAN BOWL

1 SERVING | PREP 10 MIN | COOK 5 MIN

INGREDIENTS

6 oz Amylu Taco Seasoned Chicken Crumbles; 2/3 cup cooked black beans; 1 cup romaine; 1/2 cup tomato; 2 Tbsp salsa; optional cilantro.

METHOD

- 01 Heat fully cooked chicken crumbles according to the package. Warm rinsed beans.
- 02 Chop romaine and tomato. Place beans in a bowl and top with chicken and vegetables.
- 03 Add salsa and cilantro. Verify the exact package serving; a 2 oz serving alone is a small protein portion.



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11 SIRLOIN AND SPROUTED ENGLISH MUFFIN

1 SERVING | PREP 10 MIN | COOK 5 MIN

INGREDIENTS

4 oz Cuisine Solutions Sliced Grass-Fed Beef Sirloin; 1 Ezekiel sprouted-grain English muffin; 1 cup asparagus; 1/2 cup tomato; mustard or lemon.

METHOD

- 01 Heat sirloin as directed on the package. Toast the English muffin.
- 02 Roast, steam or saute asparagus until crisp-tender. Slice tomato.
- 03 Plate sirloin, asparagus and tomato with the muffin. Add mustard or lemon if desired.



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12 SHRIMP AND QUINOA VEGETABLE BOWL

1 SERVING | PREP 10 MIN | COOK 10 MIN

INGREDIENTS

4-5 oz cooked peeled shrimp; 3/4 cup cooked quinoa; 1/2 cup zucchini; 1/2 cup red pepper; 1 tsp olive oil; lemon and parsley.

METHOD

- 01 Warm cooked quinoa. Dice zucchini and pepper.
- 02 Saute vegetables in olive oil for 4-5 minutes. Add shrimp and cook until opaque throughout.
- 03 Toss shrimp and vegetables with quinoa, lemon juice and parsley.



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13 STEAK, GREENS AND BERRIES

1 SERVING | PREP 10 MIN | COOK 8 MIN

INGREDIENTS

4 oz cooked lean steak; 2 cups mixed greens; 1/2 cup each cucumber and tomato; 1 cup mixed berries; 1 tsp olive oil and vinegar.

METHOD

- 01 Season and sear steak to at least 145 F; rest 3 minutes and slice thinly.
- 02 Toss greens with cucumber, tomato, olive oil and vinegar.
- 03 Place steak over salad and serve washed berries alongside.



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14 CHICKEN, AVOCADO AND APPLE SALAD

1 SERVING | PREP 10 MIN | COOK 10 MIN

INGREDIENTS

4 oz cooked chicken breast; 2 cups spinach; 1/2 cup cucumber; 1/4 avocado; 1 medium apple; lemon and 1 tsp olive oil.

METHOD

- 01 Cook chicken in a skillet until it reaches 165 F; rest, then slice and measure 4 oz.
- 02 Toss spinach and cucumber with lemon and olive oil. Add avocado slices.
- 03 Top salad with chicken and serve the apple on the side.



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15 SALMON AND CITRUS SALAD

1 SERVING | PREP 10 MIN | COOK 15 MIN

INGREDIENTS

4 oz cooked salmon; 2 cups arugula; 1/2 cup shaved fennel; 1/2 cup cucumber; 1 orange; lemon and 1 tsp olive oil.

METHOD

- 01 Bake salmon at 400 F until it reaches 145 F or flakes easily; let cool briefly.
- 02 Toss arugula, fennel and cucumber with olive oil and lemon.
- 03 Place salmon over salad; peel orange and serve its segments alongside.



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16 TURKEY BURGER AND PEACH PLATE

1 SERVING | PREP 10 MIN | COOK 12 MIN

INGREDIENTS

4-5 oz cooked lean ground-turkey patty; 1 cup romaine; 1/2 cup tomato; 1 cup roasted zucchini; 1 medium peach; pepper and herbs.

METHOD

- 01 Form lean ground turkey into a patty, season and cook in a skillet until it reaches 165 F.
- 02 Roast zucchini at 425 F until tender; assemble a romaine and tomato base.
- 03 Place burger over the vegetables and serve sliced peach alongside.



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17 CHICKEN BURGER AND BERRY SALAD

1 SERVING | PREP 10 MIN | COOK 5 MIN

INGREDIENTS

1 Amylu Greek-Style Chicken Burger; 1/2 cup plain cottage cheese; 2 cups greens; 1/2 cup each cucumber and tomato; 1 cup berries.

METHOD

- 01 Heat the fully cooked chicken burger according to the package directions.
- 02 Toss greens with sliced cucumber and tomato. Add burger and cottage cheese.
- 03 Serve berries on the side. Check burger and cottage-cheese labels for the combined protein portion.



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18 WHITE FISH AND MANGO SLAW

1 SERVING | PREP 10 MIN | COOK 10 MIN

INGREDIENTS

5 oz cooked white fish; 1 cup shredded cabbage; 1/2 cup each cucumber and red pepper; 3/4 cup diced mango; lime and cilantro.

METHOD

- 01 Season fish and cook until it reaches 145 F and flakes easily.
- 02 Toss cabbage, cucumber and pepper with lime juice and cilantro.
- 03 Serve fish with the slaw and measured mango on the side.



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19 LEMON FISH AND CITRUS SALAD

1 SERVING | PREP 10 MIN | COOK 12 MIN

INGREDIENTS

5 oz cooked white fish; 2 cups greens; 1/2 cup each cucumber and fennel; 1 orange; small handful grapes; lemon and herbs.

METHOD

- 01 Cook seasoned fish until it reaches 145 F and flakes easily.
- 02 Toss greens with cucumber and fennel. Peel and segment the orange.
- 03 Serve fish over salad with orange and a small portion of grapes alongside.



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20 TURKEY AND PEACH SPINACH SALAD

1 SERVING | PREP 10 MIN | COOK 12 MIN

INGREDIENTS

4 oz cooked turkey breast; 2 cups spinach; 1/2 cup each cucumber and tomatoes; 1 medium peach; 1 tsp olive oil and vinegar.

METHOD

- 01 Cook turkey breast until it reaches 165 F; rest, slice and measure 4 oz.
- 02 Toss spinach, cucumber and tomatoes with olive oil and vinegar.
- 03 Top the salad with turkey and sliced peach.

MORE NUTRITION TOOLS & RESOURCES

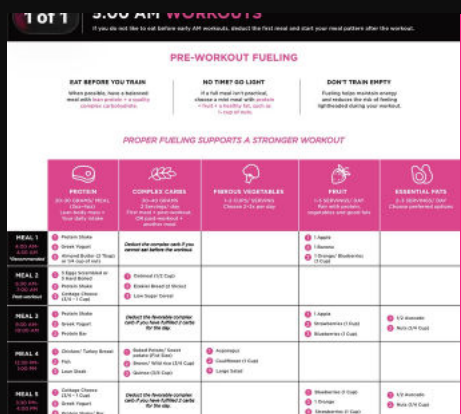
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