

Make Ahead Meal

Plant-Based Protein & Omega-3 Box



Healthy & Easy

Lunch Box Recipe

INGREDIENTS

1 small cucumber	2 Tbsp lemon juice
1/2 cup chickpeas	1 avocado
1 cup cherry tomatoes	carrot sticks
1/2 cup olives (green or black)	celery sticks
1 Tbsp olive oil	3 Tbsp hummus
2 Tbsp red wine vinegar	parsley, to taste
	black pepper, to taste

DIRECTIONS

1. Chop cucumber and slice cherry tomatoes in half, place in mixing bowl
2. Add chickpeas, olives, parsley, pepper, lemon juice, olive oil, and red wine vinegar to the bowl. Mix well until evenly coated in oil and vinegar.
3. Slice avocado in half and remove skin. If eating the day of, chop avocado and mix with other ingredients. If prepping for later in the week, slice avocado in half and wrap with cling wrap or leave whole until mealtime.
4. Transfer mixture + avocado to meal container. Add celery and carrot sticks.
Enjoy!

NOTES

Food storage containers with divided compartments are not a necessity. Use food to separate sections, such as lettuce & vegetables (sliced into "sticks")