Work-From-Home Mom Lunch Cheat Sheet

1-Page Grocery Checklist & 10-Minute Mix-and-Match Fridge Guide

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1. Weekly 5-Minute Lunch Grocery Checklist

Proteins	Fresh Produce	Pantry Staples	Bases & Extras
☐ Rotisserie chicken	☐ Pre-washed spinach	☐ Whole-wheat tortillas	☐ Roasted pepper hummus
☐ Deli turkey slices	☐ Chopped romaine	☐ Sourdough / grain bread	☐ Basil pesto & salsa
☐ Eggs & cottage cheese	☐ Ripe avocados	☐ Naan or pita bread	☐ Shredded cheese
☐ Canned tuna	☐ Cherry tomatoes	☐ Whole-grain crackers	☐ Fresh mozzarella
☐ Canned chickpeas	☐ Cucumbers & carrots	☐ Instant ramen noodles	☐ Greek yogurt
☐ Canned black beans	☐ Bell peppers	☐ Low-sodium broth	☐ Almonds & chia seeds
☐ Cannellini beans	☐ Lemons & bananas	☐ Natural peanut butter	☐ Olive oil & balsamic

2. The 3-Step "No-Recipe" Lunch Formula

Step 1: Pick a Base	Step 2: Add Protein + Fiber	Step 3: Top with Healthy Fat
Whole-wheat wrap, toasted sourdough, bagged greens, leftover rice, or warm sweet potato	Shredded chicken, cottage cheese eggs, smashed chickpeas, black beans, or tuna	Sliced avocado, hummus, basil pesto, olive oil drizzle, nuts, or shredded cheese

3. Quick 12-Lunch Rotation At-a-Glance

5-Minute No-Cook	10-Minute Warm Meals	Smart Leftover Hacks
1. Smashed Chickpea Avocado Toast	5. Cottage Cheese Veggie Scramble	9. Rotisserie Chicken Jar Salad
2. Turkey, Hummus & Spinach Wrap	6. Crispy Black Bean Quesadilla	10. Salmon & Rice Teriyaki Bowl
3. Grown-Up Adult Lunchable Box	7. Upgraded 5-Min Veggie Ramen	11. Black Bean Stuffed Sweet Potato
4. Mediterranean Tuna Bean Salad	8. Caprese Pesto Flatbread Pizza	12. 3-Ingredient PB Banana Wrap

> **Mom Golden Rules:** (1) Buy pre-washed & pre-chopped veggies to save 10 minutes. (2) Always cook double protein at dinner for tomorrow's lunch. (3) Step away from your laptop for 15 real minutes!