

No-Cook Office Options: 5-Minute Lunches

High-Protein Lunchbox

Ingredients	Deli turkey, pre-cooked rice cup, baby carrots, hummus
Targets	35–45 g protein, 50–70 g carbs, about 10–15 g fat

Tuna and Crackers Kit

Ingredients	Tuna pouch, whole-grain crackers, apple
Targets	About 35 g protein, 60 g carbs, 8–10 g fat

Cottage Cheese and Cereal Combo

Ingredients	1.5 cups cottage cheese, high-protein cereal, berries
Targets	About 40 g protein, 60 g carbs, 5–8 g fat

Add a square of dark chocolate or another piece of fruit if you need extra calories.