



Culinary**Medicine**UK

LUNCHBOX BUILDER WEEKLY GUIDE WITH RECIPES

A 5-day lunchbox plan with recipes for bases, fillers, and dressings. Batch prep twice a week to enjoy healthy, flavour-packed meals with ease

BASES

- Quinoa
- Bulgur wheat
- Millet
- Wholewheat pasta

FILLERS

- Roasted vegetables
- Salmon with lemon & olive oil
- Chicken with pesto
- Chickpeas

DRESSINGS

- Tahini lemon
- Green herby yoghurt
- Soy-ginger
- Classic vinaigrette

TOPPINGS

- Seeds
- Nuts
- Fresh burst (herbs, pomegranate)
- Crunch (croutons, roasted chickpeas)
- Zing (pickled onions, capers, olives)

Why This Works

- ✓ **Only 2 cooking/prep sessions per week**
- ✓ **Meals stay fresh and varied**
- ✓ **Wednesday flex day adds balance and sustainability**
- ✓ **Balances nutrition, sustainability, and taste**
- ✓ **Easy to adapt with other proteins, grains, or toppings**



SUNDAY PREP (FOR MONDAY & TUESDAY)

Wholewheat Pasta (Base)

Ingredients:

- 200g wholewheat pasta
- Salt, to taste

Method:

- Bring a pot of salted water to the boil.
- Add pasta and cook according to packet instructions (8–10 minutes).
- Drain and cool under cold water. Store in an airtight container in the fridge (up to 3 days).

Roast Chicken with Pesto (Filler)

Ingredients:

- 2 chicken breasts
- 2 tbsp olive oil
- Salt and pepper, to taste
- 2 tbsp basil pesto

Method:

- Preheat oven to 200°C.
- Rub chicken with olive oil, salt, and pepper. Roast for 20–25 mins until cooked through.
- Slice and toss with pesto. Store in fridge for 2–3 days.



SUNDAY PREP (FOR MONDAY & TUESDAY)

Roasted Vegetables (Filler)



Ingredients:

- 1 aubergine, chopped
- 1 courgette, chopped
- 1 red onion, chopped
- 1 red pepper, chopped
- 2 tbsp olive oil
- Salt and pepper, to taste

Method:

- Preheat oven to 200°C.
 - Toss vegetables with olive oil, salt, and pepper.
 - Spread on a tray and roast 25–30 minutes until soft and slightly charred.
- Store in
fridge.

Greek Yoghurt Dressing

Ingredients:

- ½ cup natural yoghurt
- Juice of ½ lemon

- 2 tbsp fresh herbs (parsley/mint)

- 1 garlic clove, minced

Method:

- Blend yoghurt, lemon juice, herbs, and garlic until smooth.
- Store in airtight jar in fridge (up to 3 days).

Classic Vinaigrette

Ingredients:

- 3 tbsp olive oil
- 1 tbsp vinegar (red wine or apple cider)
- 1 tsp Dijon mustard
- Salt and pepper

Method:

- Whisk all ingredients until emulsified.
- Store in airtight jar in fridge (up to 1 week).



LUNCHBOX ASSEMBLY

Monday Lunchbox Assembly:

Wholewheat pasta + chicken pesto + green yoghurt dressing + cherry tomatoes & croutons

Tuesday Lunchbox Assembly:

Wholewheat pasta + roasted vegetables + classic vinaigrette + walnuts & parsley

Wednesday – Flex / Treat Day

Keep it simple: buy lunch out, eat leftovers, or take a break from planning. Lifestyle medicine is about balance – one less prep day makes the whole week sustainable.



WEDNESDAY EVENING PREP (FOR THURSDAY & FRIDAY)

Quinoa (Base)

Ingredients:

- 1 cup quinoa
- 2 cups water
- Pinch of salt

Method:

- Rinse quinoa under cold water.
- Bring water to boil with salt, add quinoa, reduce heat, cover, and simmer 15 minutes.
- Fluff with fork and cool. Store in fridge (up to 3 days).

Bulgur (Base)

Ingredients:

- 1 cup bulgur wheat
- 2 cups boiling water
- Pinch of salt

Method:

- Place bulgur in a bowl with salt.
- Pour boiling water over, cover, and let sit 15 minutes.
- Fluff with fork. Store in fridge (up to 3 days).



WEDNESDAY EVENING PREP (FOR THURSDAY & FRIDAY)

Roast Salmon with Lemon & Olive Oil (Filler)

Ingredients:

- 2 salmon fillets
- 1 tbsp olive oil
- Juice of ½ lemon
- Salt and pepper

Method:

- Preheat oven to 200°C.
- Place salmon on a tray, drizzle with olive oil and lemon juice, season with salt and pepper.
- Roast for 12–15 minutes until just cooked. Flake into pieces and store in fridge (2 days).

Chickpeas (Filler)

Ingredients:

- 1 tin chickpeas, drained & rinsed
- 1 tbsp olive oil
- ½ tsp cumin
- Salt to taste

Method:

- Toss chickpeas with olive oil, cumin, and salt.
- Optional: roast at 200°C for 20 minutes for extra crunch. Store in fridge.



WEDNESDAY EVENING PREP (FOR THURSDAY & FRIDAY)



Tahini Lemon Dressing

Ingredients:

- 2 tbsp tahini
- Juice of 1 lemon
- 1 tbsp olive oil
- 1 garlic clove, minced
- Water to loosen

Method:

- Whisk tahini, lemon juice, olive oil, and garlic.
- Add water gradually until creamy and pourable.
- Store in fridge for 3 days.

Soy-Ginger Dressing

Ingredients:

- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp grated fresh ginger
 - Juice of 1 lime
- 1 tsp honey or maple syrup

Method:

- Whisk all ingredients together until smooth.
- Store in fridge for 3 days.



LUNCHBOX ASSEMBLY



Thursday Lunchbox Assembly:

Quinoa + salmon + soy-ginger dressing +
pomegranate & sesame seeds

Friday Lunchbox Assembly:

Bulgur + chickpeas + tahini lemon dressing +
roasted cashews

