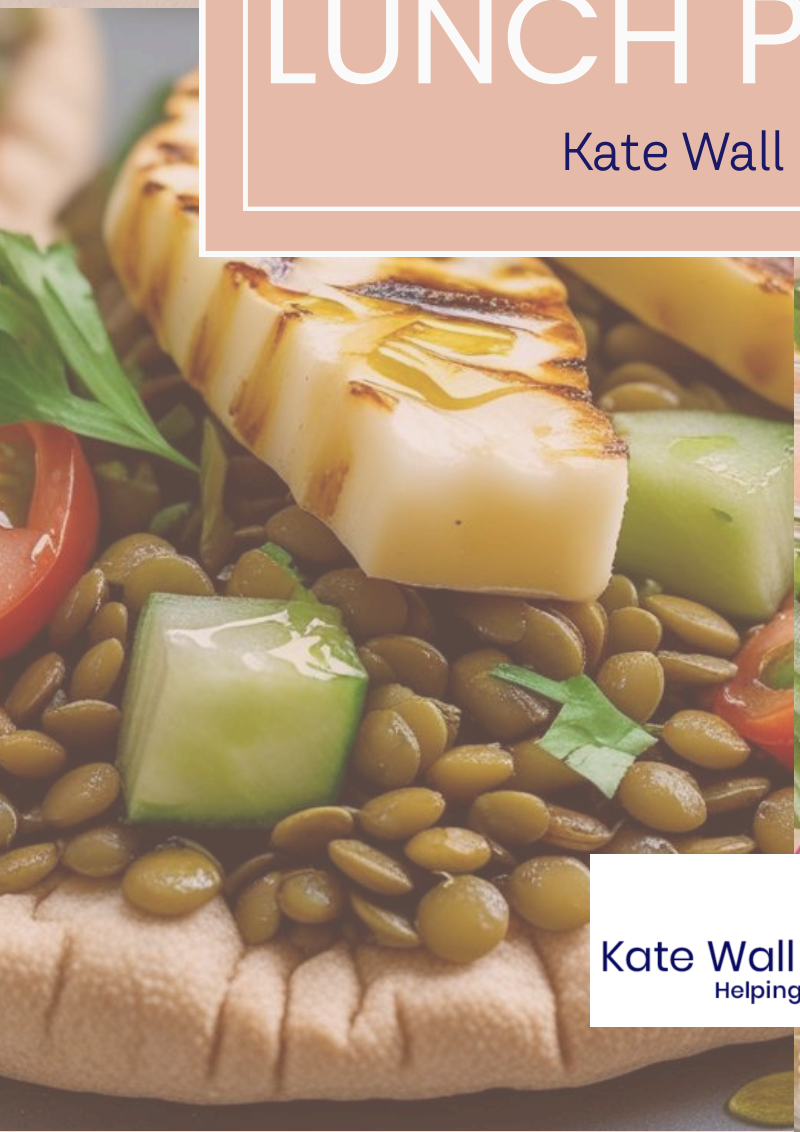
# WEEKLY LUNCH PLANNER

Kate Wall Nutrition



Kate Wall Nutrition
Helping you to Flourish

Kate Wall Nutrition
Helping you to Flourish

# WEEK 1: SUMMER CHICKPEA & FETA SALAD WRAPS

## Ingredients

- 1 tin chickpeas
- 40g feta
- ¼ Cucumber, Diced
- 8 cherry tomatoes, chopped
- 1 small red pepper, diced
- 2 handfuls of rocket
- 2 large wholemeal wraps
- 1 tbsp olive oil
- Juice of ½ lemon
- Small drizzle of garlic oil
- ½ tsp dried oregano

**Prep Time**: 10 mins

**Notes**: No-cook, great for hot days, easily portable

## Method

In a bowl, mash the chickpeas slightly. Mix with olive oil, lemon juice, garlic oil, and oregano. Add diced cucumber, tomatoes, and red pepper. Stir in crumbled feta. Layer mixture onto wraps with rocket. Roll and serve.

NOTES

Kate Wall Nutrition
Helping you to Flourish

# WEEK 2: SPICY ROASTED CHICKPEA & AVOCADO BOWLS

## Ingredients

- 1 tin chickpeas
- 1 small red onion, chopped into 1cm dice
- 1 avocado
- 120g cooked grains (quinoa or bulgar)
- 2 handfuls of rocket,
- 1 tsp paprika,
- ½ tsp ground cumin,
- 1 tbsp olive oil,
- 1 tbsp tahini,
- juice of ½ lemon,
- 1 tsp maple syrup,
- water to loosen

**Prep Time:** 15 mins

**Notes**: Warm or cold, spicy and creamy balance, meal-prep friendly

## Method

Roast chickpeas and red onion with paprika, cumin, and olive oil at 200°C for 15- 20 mins (or cook in air fryer).

Slice avocado

For dressing, mix tahini, lemon juice, maple syrup, and a splash of water until pourable.

Layer grains, rocket, chickpeas, avocado, onion, and drizzle with dressing.

NOTES

Kate Wall Nutrition
Helping you to Flourish

# WEEK 3: HERBY LENTIL & HALLOUMI PITTAS

## Ingredients

- 200g cooked Puy lentils
- 100g halloumi
- 8 cherry tomatoes
- ¼ cucumber
- Small bunch parsley
- juice of 1/2 lemon
- 1 tsp olive oil
- 2 wholemeal pittas

**Prep Time**: 20 mins

**Notes**: Batch cook lentils or use tinned & grill halloumi in advance

## Method

Pan fry halloumi until golden.
Dice tomatoes and cucumber.
Mix lentils with chopped parsley, lemon juice, and olive oil.
Add diced veg.
Stuff lentil mix into warm pittas and top with halloumi slices.

NOTES

Kate Wall Nutrition
Helping you to Flourish

# WEEK 4: LEFTOVER SALMON & QUINOA SALAD JARS

## Ingredients

- 150g cooked salmon
- 120g cooked quinoa
- 80g green beans
- 4 radishes
- 2 tbsp plain yoghurt
- 1 tsp Dijon mustard
- Juice of1/2 lemon
- 1 tsp olive oil

**Prep Time**: 10 mins (using leftovers)

**Notes**: Great use of leftover salmon skewers, packed with omega-3

## Method

Steam /boil green beans for 3-4 minutes and slice radishes.

For dressing, mix yoghurt, mustard, lemon juice, and olive oil.

Flake salmon and mix with quinoa, beans, and radish. Layer in jars and top with dressing when ready to eat.

NOTES