10-Lunch Mini-Planner (No-Reheat)

Plan two work weeks (Mon-Fri x 2). Track macros, packability, and notes.

Lunch / Day	Net C	Prot	Fat	Packability	Notes
Chicken Avocado Lettuc				Excellent / Goc	
Turkey and Pickle Roll-U				Excellent / Goc	
Tuna-Olive Crunch Cups				Excellent / Goc	
Italian Chopped Salad Ja				Excellent / Goc	
Egg-Curry Mayo Protein				Excellent / Goc	
Chicken Caesar Lettuce				Excellent / Goc	
Salmon-Cucumber Nori I				Excellent / Goc	
Greek Mezze Bento (No				Excellent / Goc	
Ham, Swiss and Apple S				Excellent / Goc	
Caprese-Chicken Skewe				Excellent / Goc	

Tip: Use ice packs if unrefrigerated >2 hours. Adjust macros based on portions.