

LUNCHBOX

+ *Rescue* +

BY AXIS TRAINING STUDIO

WWW.AXISTRAININGSTUDIO.COM





WELCOME TO LUNCHTIME

Simplified

It's time to rescue your everyday lunch choices and give them a healthy upgrade – one that your tastebuds will LOVE.

We've created 5 easy mix-and-match, no-fail recipes that will make prepping your lunches a breeze ...

... and eating them a delight.

They'll also rescue your wallet from pricey takeout meals.

All of the options in this book are:

- ✓ *Balanced*
- ✓ *Meal prep friendly*
- ✓ *Almost infinitely customizable*
- ✓ *So delicious you'll be looking forward to lunchtime!*



At AXIS Training Studio, we help clients over 40 balance their health and fitness goals to and lose body fat and rediscover their inner athlete.

We have a proven program that's helped hundreds of folks just like you reach their goals and enjoy the process.

If you want to learn more about getting serious results, reach out to us via call/text to 352-872-5373 to hear about our summer specials!

We hope this guide helps rescue your lunchbox!



COMMITTED
To your success.

JAKE THOMPSON

info@axistrainingstudio.com
352-872-5373
AXISTrainingStudio.com



RESCUE Prep

The recipes in this ebook aren't just recipes. They are templates you can use over and over – and never make the same meal twice.

That means they are great for picky eaters AND serious foodies!

Here's how it works:

For each meal, you'll see that some of the ingredients call for a protein, vegetable, or grain.

All you have to do is choose an option from the accompanying list and plug it into the template. You can keep your choices as simple or as fancy as you want.

****The measures in the recipes are for COOKED ingredients – for example, ½ cup of grains means cooked grains, not dry.*

We've also included recipes for 5 fresh and delicious dressings you can use to spice up your meals.

You'll be a lunch-prepping superstar before you know it!



✓ HELPFUL TIP

Do some batch cooking to make your prep even easier.

- Cook up a pot of your favorite grains
- Grill or sauté a protein choice or two
- Slice & chop veggies
- Whisk together some dressings and sauces

RECIPES

LUNCHBOX RESCUE

Macro Bowl

This hearty and delicious bowl is always a go-to favorite.

It gets its name from the fact it contains a balance of the macronutrients you need for a healthy meal: proteins, carbs, and fats (plus a good amount of fiber).

Because this keeps well in the refrigerator, we recommend cooking up a batch of your favorite grain and making 3-4 bowls for lunches throughout the week. Add the dressing just before serving.

Makes 1 serving.



INGREDIENTS

- Grains (see list): ½ cup (100 g)
- Protein (see list): 3-4 oz (85-115 g)
- Veggies (see list): 1 cup (150 g)
- Beans (see list): ½ cup (80 g)
- Dressing (see list): 2 Tbsp
- Topping (see list): choose 1-2 of your favorites

ASSEMBLY

1. Place the grain, protein, veggies, and beans in a container.
2. Just before it's time to eat, toss with your choice of dressing.
3. Add your favorite topping and enjoy!

RECIPES

LUNCHBOX RESCUE

Salad Bowl

Salads are a classic lunch option... but sometimes they can leave you feeling hungry just an hour or two later.

Not this one! It's packed with ingredients that will fill you up without weighing you down.

Makes 1 serving.

INGREDIENTS

- Salad greens (see list): 2 big handfuls
- Grains (see list): ½ cup (100 g)
- Protein (see list): 3-4 oz (85-115 g)
- Dressing (see list): 2 Tbsp
- Topping (see list): choose 2-3 of your favorites

ASSEMBLY

1. Combine the greens, grains, and protein in a serving bowl.
2. Toss with your dressing just before it's time to eat, and add your toppings.
3. Enjoy!



RECIPES

LUNCHBOX RESCUE *Sandwich*

Sandwiches are a great lunch choice because they're fast and easy to make. Plus, they're portable!

This sandwich can be changed up depending on the season, what ingredients you have on-hand, and your mood.

It also can be served as an open-faced sandwich with one slice of bread.

Makes 1 serving.



INGREDIENTS

- 2 slices of sprouted grain bread
- Spread (see list): 2 Tbsp
- Salad greens (see list): 2-3 leaves
- Protein (see list): 3-4 oz (85-115 g)
- Toppers (see list): choose 1-2 of your favorites

ASSEMBLY

1. Toast the bread slices, and while it's toasting gather your ingredients.
2. Cover each slice of toasted bread with your sandwich spread.
3. Add the greens, protein, and toppers on top of one of the slices. Cover with the other slice.
4. Wrap it up and keep it refrigerated until it's time to eat.

RECIPES

LUNCHBOX RESCUE *Bento Box*

Bento Boxes win the award for the “funnest” lunch option.

These boxes – which originated in Japan – usually have several compartments for different types of food. That makes them a great option for portable lunches. They are a favorite of people who love to “graze” or eat with their fingers.

To make a healthy & filling Bento Box lunch, be sure to include a protein, a veggie, and a healthy fat, along with extras like fruit and grains.

Makes 1 serving.

INGREDIENTS

- Grain (see list): ½ cup (100 g)
- Protein (see list): 3-4 oz (85-115 g)
- Veggies (see list): 1 cup (150 g)
- Fresh fruit (berries, cherries, sliced melon, pomegranate arils, grapes): ½ cup (75 g) –
- Toppings (see list): 1-2 options
- Dressing (see list): 2 Tbsp

ASSEMBLY

1. Place the grain, protein, veggies, fruit, and toppings into different compartments in your container.
2. Add a dressing to pour over your ingredients when it's time to eat, or use it as a dipping sauce for your veggies.



MIX & MATCH

Ingredient Options



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GRAIN OPTIONS *(cooked)*

- Quinoa
- Rice
- Farro
- Barley
- Buckwheat
- Millet
- Bulgur
- Amaranth

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BEAN OPTIONS

(canned, rinsed & drained)

- Chickpeas
- Lentils
- Black beans
- Pinto beans
- White beans

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VEGGIE OPTIONS

(roasted, steamed or raw)

- Broccoli
- Beets
- Squash
- Cauliflower
- Bell peppers
- Green beans or peas
- Carrots

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PROTEIN OPTIONS

- Sautéed tofu, tempeh, or Seitan
- Rotisserie chicken or turkey
- Grilled chicken, turkey, or steak
- Tuna or salmon, foil-packed or broiled
- Hard-boiled eggs

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SALAD GREEN OPTIONS

- Any lettuce variety
- Spinach or baby kale
- Arugula
- Mesclun
- Frisée
- Radicchio
- Escarole
- Endive

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TOPPING OPTIONS

- 1 oz (28 g) nuts or seeds (pepitas, sunflower seeds, pecans, walnuts etc)
- 1-2 Tbsp dried cranberries, raisins, etc.
- 4 Tbsp diced apple, grapes, berries
- ¼ avocado, peeled & cubed
- 2 Tbsp feta or goat cheese crumbles
- Roasted red pepper strips or roasted eggplant slices
- Lettuce, tomato or cucumber slices
- Pickles, kimchi, or sauerkraut

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DIPPING SAUCES, SPREADS AND DRESSING OPTIONS

- ¼ avocado, mashed
- ¼ cup (60 g) hummus
- 2-3 Tbsp tzatziki
- 2 Tbsp pesto
- Mom's Balsamic Dressing *(see recipe)*
- Green Goddess Dressing *(see recipe)*
- Thai Peanut Dressing *(see recipe)*
- Lime-Cilantro Dressing *(see recipe)*
- Ranch Dressing *(see recipe)*

BONUS LUNCHBOX RESCUE

Dressing Recipes

MOM'S BALSAMIC DRESSING

(Makes 12 x 2-Tbsp servings)

INGREDIENTS

- 1 cup (240 ml) extra virgin olive oil
- ⅓ cup (80 ml) balsamic vinegar
- 1 tbsp dried parsley
- 1/2 tsp sea salt
- 1/4 tsp black pepper (just to season)
- 1 tbsp honey mustard
- 1 garlic clove, minced

ASSEMBLY

1. Add all ingredients into a bowl & whisk until thick and creamy.
2. Check for seasoning.

GREEN GODDESS DRESSING

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- 1 cup (225 grams) of full-fat Greek yogurt
- 1 cup (about 25 grams) fresh herbs (remove any tough stems)
- 2 garlic cloves, chopped
- ½ tsp sea salt
- Black pepper, to taste

ASSEMBLY

1. Place all the ingredients in a food processor and process until smooth and green – the herbs should be reduced to tiny flecks.
2. Taste and add more salt and/or pepper if necessary.
3. This will keep in the fridge for up to a week.

BONUS LUNCHBOX RESCUE

Dressing Recipes

THAI PEANUT DRESSING

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- ½ cup (120 g) creamy peanut butter
- 2 Tbsp coconut aminos
- 1 Tbsp honey
- 1 tsp ground ginger (or 2 teaspoons fresh grated ginger)
- 1½ Tbsp apple cider vinegar
- 2-3 “squirts” sriracha sauce (to taste)
- 3-4 Tbsp warm water (to thin the sauce if needed)

ASSEMBLY

1. Place all the ingredients except the water in a small bowl. Stir together until it starts to combine.
2. Add 1 Tbsp of water and whisk together until it reaches your desired consistency, adding more water if necessary.

LIME & CILANTRO DRESSING

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- ½ cup (15 g) finely minced fresh cilantro leaves
- ½ cup (120 ml) extra virgin olive oil
- Juice of 1 large lime
- 2 Tbsp water
- 1 Tbsp apple cider vinegar
- 2 tsp honey
- ½ tsp sea salt

INGREDIENTS CONTD.

- 1 clove garlic, minced
- ½ tsp dried oregano
- 2-3 pinches freshly ground black pepper

ASSEMBLY

1. Place ingredients in a blender or small food processor. Pulse until emulsified.
2. Taste and adjust the seasonings.
3. This will keep for one week in the fridge.

BONUS LUNCHBOX RESCUE

Dressing Recipes

RANCH DRESSING

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- 1 cup (250 g) nonfat plain greek yogurt
- 2 tsp garlic powder
- ½ tsp onion powder
- 1 Tbsp fresh lemon juice
- 1 tsp dried dill
- ½ tsp sea salt, plus more to taste
- ½ tsp honey
- 3-4 Tbsp water to thin dressing

ASSEMBLY

1. Place all the ingredients except the water in a bowl or mason jar and whisk together until well combined, adding water 1 tsp at a time until it reaches your desired consistency.
2. Taste and adjust seasonings if necessary.
3. This will keep for a week in the refrigerator.

Ready to Take Your → NEXT STEPS?

At AXIS Training Studio, we help clients over 40 balance their health and fitness goals to and lose body fat and rediscover their inner athlete.

If you're looking for a better way to reach your health and fitness goals so you can feel amazing, we want to invite you to experience a simpler approach that's already gotten thousands of clients amazing results!

Ways to Work With Me: **Personal Training**

1:1 to keep you laser focused on achieving your health and fitness goals!

CHECK OUT THE SPECIAL OFFERS ON OUR WEBSITE:
AXISTRAININGSTUDIO.COM/OFFERS

Small Group Training

Small groups of clients with fun and challenging workouts!

Chief

Happy Golfer!



*Jake worked with my goal of becoming a stronger golfer so I could improve my game while protecting my low back!
Thank you, Jake!*



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info@axistrainingstudio.com
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