



PlanetBox[®]

Back-to-school

MEAL PLAN

vegetarian

5 days of recipes to
kick off your school
lunch routine!



Life is more
COLORFUL
with a well-
packed lunch!

To help you get back into the school day routine, we've compiled a week's worth of vegetarian meals and a handy shopping list for your use and inspiration.

Happy lunching!

STOCK UP!

Vegetarian shopping list

Meal prepping is best when the fridge is stocked and the pantry fully loaded! Use this list to help plan out your weekly grocery shopping.



PROTEIN

1 container hummus

PANTRY

1 box spaghetti

1 box rotini pasta

1 bag rice

1 can baby corn

1 can corn

1 can black beans

DAIRY

Shredded Mexican cheese

Crumbled feta cheese

SNACKS

Pistachios

Crackers

Tortilla chips

Coconut flakes

Chocolate chunks

CONDIMENTS

Olive oil

Honey

Taco seasoning

Soy sauce

Sesame oil

MISC

1 bag frozen peas

PRODUCE

1 avocado

1 package grape tomatoes

3 bell peppers

1 bunch baby spinach

1 carrot

1 basket figs

1 pack pomegranate seeds

1 basket strawberries

1 basket blackberries

1 basket blueberries

1 basket raspberries

1 bag cherries

1 pear

1 mango

1 peach

1 lemon

1 lime

1 container guacamole

BAKERY

1 pack tortillas

1 pack pita

Mini muffins





Green Spaghetti

This colorful dish is brightly flavored and the avocado sauce is packed with healthy fats!

INGREDIENTS:

1½ cup cooked spaghetti
½ ripe avocado
1 tbsp lemon juice
1 tbsp olive oil
Salt & pepper to taste
¼ cup grape tomatoes, halved

INSTRUCTIONS:

Combine avocado, lemon juice, olive oil, salt, and pepper in a food processor or high powered blender. Blend until smooth.
Toss with cooked spaghetti and tomatoes.



Hummus Quesadillas


Simple and delicious veggie-based quesadillas. Try sun-dried tomato hummus for extra flavor!

INGREDIENTS:

- 1 flour tortilla (can substitute with whole wheat or gluten-free)
- 2 tbsp hummus of choice
- ½ cup baby spinach

INSTRUCTIONS:

- Spread hummus on half of tortilla. Add spinach and fold tortilla closed.
- Heat a skillet over medium heat and cook tortilla 3-5 minutes per side. Cut into wedges and serve with guacamole and salsa.



Mixed berries
& pear slices

Fried rice

Veggie Fried Rice

This dish is rice served right! Add additional fresh veggies or a scrambled egg for extra protein.

INGREDIENTS:

1 ¼ cups cooked rice, cooled
¼ cup chopped red pepper
¼ cup chopped carrot
¼ cup peas
1 tbsp soy sauce
1 tsp sesame oil
Salt to taste

INSTRUCTIONS:

Heat oil in non-stick pan over medium heat. Add peppers and carrots. Cook for 5 minutes.
Stir in rice and peas and cook 3–5 minutes. Mix in soy sauce & sesame oil and season with salt.

Bell peppers

Raisins &
coconut flakes

Cherries

Tortilla chips

Pasta
salad

Taco Pasta Salad

Why not combine two favorites into one? A twist on taco, this pasta salad is packed with flavor.

INGREDIENTS:

1 cup rotini pasta ¼ cup black beans
¼ cup corn 2 tbsp shredded cheese

DRESSING:

2 tbsp olive oil
1 tbsp lime juice
1 tsp taco seasoning

INSTRUCTIONS:

Cook pasta according to instructions. Drain and let cool. Toss together pasta, corn, black beans, and cheese. Stir to combine.

Mix dressing ingredients in a bowl and pack in a Little Dipper.

Mini muffins



Sliced peaches & pomegranate seeds



Strawberry spinach pita pockets



Spinach Pita Pockets

A pocket full of color! This simple pita pocket is an easy go-to lunch with a little bit of sweet.

INGREDIENTS:

1 pita
1 cup baby spinach
½ cup strawberries, sliced
2 tbsp crumbled feta
1 tbsp olive oil
1 tsp honey
Salt to taste

INSTRUCTIONS:

Toss spinach in olive oil and honey. Salt to taste. Slice pita in half and open pocket. Fill each half with spinach, strawberries, and feta.

EXPLORE MORE RECIPES!



On our blog, we feature recipes, packing tips, eco-friendly hacks and more.

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