



# Bariatric Friendly Lunch Meal Prep

*3 healthy recipes for a mix and match lunch or a week of different lunches*

## Turkey & Veggie Snack Wraps

### Ingredients:

- Slices of deli turkey
- Laughing cow cheese (any flavor)
- 2-3 strips of bell pepper slices
- 2-3 strips of cucumber slices

### Directions:

- Spread the cheese onto a slice of turkey
- Add the strips of bell pepper and cucumber
- Roll up like a tortilla and cut in half for easy consumption

## Easy Avocado Egg Salad

### Ingredients:

- 1 medium avocado, chopped
- 2 tbsp vegan mayonnaise
- 1 ½ tsp lemon juice
- 4 hard-boiled eggs, chopped
- 1 medium sized celery stalk, finely chopped (about 3 tbsp)
- 1 tbsp finely chopped chives, parsley, dill
- Salt and black pepper to taste

### Directions:

- Mash avocado, mayonnaise, and lemon juice together in a medium bowl
- Stir in the eggs, celery, and dill. Season with salt and pepper to taste

## Cucumber Sandwiches

### Ingredients:

- Sliced cucumber
- Turkey pepperoni
- Baby swiss sliced and quartered

### Directions:

- Cut pepperoni and swiss cheese into bite sized pieces
- Assemble, or pack into your lunch for later consumption
- Enjoy!

“Great things never come from comfort zones.”

