

# Cold Lunch Grid + Packing Checklist

## How to use the estimates

These are arithmetic examples using representative label inputs, not analyzed recipes or universal nutrition values. Recalculate with your own labels. Formula: grams eaten / label portion grams x label protein grams. All six prepared meals need chilling.

## Tuna + chickpea salad

75 g drained tuna (18 g) + 100 g drained chickpeas (7 g) = 25 g. Add vegetables and bread.

## Egg + bean wrap

2 cooked eggs (12 g) + 100 g drained beans (7 g) = 19 g before the wrap.

## Tofu + edamame box

150 g ready-to-eat tofu (15 g) + 75 g cooked shelled edamame (9 g) = 24 g.

## Yogurt + savory sides

170 g plain Greek yogurt (17 g) + 2 slices bread (8 g) = 25 g.

## Lentil + feta grain salad

150 g cooked lentils (12 g) + 40 g feta (6 g) = 18 g before grains.

## Chicken + hummus wrap

75 g cooked chicken (21 g) + 40 g hummus (3 g) = 24 g before the wrap.

## Packing checklist

Cool cooked ingredients promptly. Pack already chilled food in an insulated bag with adequate frozen cold sources. Keep perishables at or below 4 C / 40 F; refrigerate on arrival. Do not leave them out longer than 2 hours, or 1 hour above 32 C / 90 F. When chilling is unavailable, use sealed shelf-stable food and open it at mealtime. Follow labels and discard leftovers that cannot be safely stored.