



FIT FEARLESS

SIMPLE NO-COOK MEAL IDEAS

1. Mediterranean Tuna Lettuce Wraps
2. Chickpea Salad Bowl
3. Smoked Salmon & Avocado Flatbread
4. Mexican Black Bean Bowl

4. Hummus & Falafel Pita
5. Sushi-Style Nori Wraps
6. Boiled Egg & Veggie Snack Box
7. Chicken Caesar Salad

Mediterranean Tuna Lettuce Wraps



Ingredients

- ☐ Canned tuna
- ☐ Feta cheese
- ☐ Chopped bell peppers
- ☐ Lemon juice
- ☐ Lettuce leaves

Chickpea Salad Bowl

Ingredients

- ☐ Canned chickpeas
- ☐ Diced red onion
- ☐ Chopped bell peppers
- ☐ Chopped parsley
- ☐ Lemon juice



Smoked Salmon & Avocado Flatbread



Ingredients

- ☐ Wholegrain wrap or pita
- ☐ Smoked salmon
- ☐ Avocado slices
- ☐ Lemon juice
- ☐ Baby spinach

Mexican Black Bean Bowl

Ingredients

- ☐ Canned black beans (rinsed)
- ☐ Corn kernels
- ☐ Cherry tomatoes
- ☐ Avocado
- ☐ Lettuce



Hummus & Falafel Pita



Ingredients

- ☐ Falafel
- ☐ Hummus
- ☐ Cucumber slices
- ☐ Cherry tomatoes
- ☐ Pita bread

Sushi-Style Nori Wraps

Ingredients

- ☐ Nori sheets
- ☐ Avocado
- ☐ Tinned salmon
or tofu strips
- ☐ Shredded carrot
- ☐ Soy sauce



Boiled Egg & Veggie Snack Box



Ingredients

- ☐ Pre-boiled eggs
- ☐ Baby carrots
- ☐ Hummus
- ☐ Cheese cubes

Chicken Caesar Salad

Ingredients

- ☐ Pre-cooked chicken breast
- ☐ Cos lettuce
- ☐ Shaved parmesan
- ☐ Caesar dressing



***Eating healthy doesn't
have to be hard.***

***DM me to get more no-cook
meal inspo that keeps
things simple and tasty!***



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