



Mediterranean Chicken & Quinoa Lunch Bowls

Fresh, filling, and perfect for 4–5 days of prep

Ingredients

- 1 lb boneless, skinless chicken breast
 - 1 cup dry quinoa
 - 1 can (15 oz) chickpeas, drained & rinsed
 - 1 cup cherry tomatoes, halved
 - 1 cup cucumber, diced
 - ½ red onion, finely diced
 - ¼ cup feta cheese
 - 2 tablespoons olive oil
 - Juice of 1 lemon
 - 1 teaspoon garlic powder
 - 1 teaspoon dried oregano
 - Salt & pepper to taste
-

Directions

1. Cook quinoa according to package directions.
2. Season chicken with garlic powder, oregano, salt, and pepper. Bake at 400°F for 20–25 minutes (or grill). Slice once cooked.
3. In a small bowl, whisk olive oil + lemon juice + pinch of salt.
4. Assemble bowls: quinoa base → sliced chicken → chickpeas → veggies → feta.
5. Drizzle with dressing when ready to eat.

Store in airtight containers up to 4–5 days.

Why This Works 🙌

- ✓ High protein for fullness
- ✓ Fiber from quinoa + chickpeas
- ✓ Healthy fats for satisfaction
- ✓ Tastes good cold or room temp