

High Protein Lunch



1 Mediterranean Pita Sandwich

Pack in the flavor by filling a wheat pita with 4 ounces of deli chicken, hummus, cucumber, spinach and tomatoes for 37 grams of protein. Add more protein with [tzatziki](#).



2 Tuna Sandwich

Make this healthy tuna salad [recipe](#) and sandwich it between sprouted bread for 45+ grams of protein.



3 Turkey Pumpkin Chili

Make this easy high protein [turkey_pumpkin_chili](#) and you can pack in the protein at around 22 grams per serving.



4 High Protein Recipes

Check out my high protein [recipes](#) for lunch inspiration.