

## 5-Ingredient High-Protein Lunch Jars (30g+)

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TLDR: Four jars, 5 ingredients each, about 30 to 45 g protein per jar. Layer wet at the bottom, then grains or beans, then protein, then crisp veg and herbs. Keeps 3 to 4 days in the fridge.

### Chili-Lime Chicken + Quinoa (about 38 to 42 g protein)

The five:

cooked chicken breast 150 g; cooked quinoa 3/4 cup; sweetcorn 1/2 cup; 1 lime; coriander.

Jar bottom sauce:

mix 2 tsp olive oil + 2 tsp lime juice + pinch chili flakes + salt.

Layering:

dressing at bottom -> quinoa -> corn -> sliced chicken -> coriander.

Notes:

reheat if you like; add lime at desk.

### Greek Chickpea + Tzatziki (vegetarian) (about 30 to 34 g protein)

The five:

chickpeas 1 cup; thick Greek yogurt or skyr 3/4 cup; diced cucumber 1/2 cup; 1 lemon; dill.

Jar bottom sauce:

stir 4 tbsp yogurt + lemon juice + chopped dill + salt and pepper.

Layering:

tzatziki at bottom -> chickpeas -> cucumber on top.

Notes:

serve cold; salt cucumbers 5 min then pat dry to avoid water.

### Spicy Tofu + Soba (vegan) (about 36 to 40 g protein)

The five:

extra firm tofu 200 g; cooked soba 3/4 cup; shelled edamame 1/2 cup; soy or tamari; chili-garlic sauce or gochujang.

Jar bottom sauce:

whisk 1 tbsp soy + 2 tsp chili sauce + 1 tsp honey or maple (optional) + splash water.

Layering:

sauce -> soba -> edamame -> quick seared tofu on top.

Notes:

rinse soba in cold water; toss with 1 tsp oil to prevent clumps.

### Tuna + White Bean + Lemon-Parsley (about 32 to 36 g protein)

The five:

1 can tuna in water, drained; white beans 3/4 cup; 1 lemon; parsley; 2 to 3 tbsp finely chopped red onion.

Jar bottom sauce:

1 tbsp olive oil + lemon juice + salt and pepper.

Layering:

dressing -> beans -> flaked tuna -> onion -> parsley.

Notes:

best within 3 days; great cold.

## Fast Batch Plan (about 25 minutes)

- Microwave quinoa pouches; rinse beans and chickpeas.
- Sear tofu in a nonstick pan 3 to 4 min; slice cooked chicken.
- Whisk each jar's bottom sauce in the empty jars.
- Layer as directed; herbs on top; lids on.

## Storage and Safety

- Keep jars sealed in the fridge for 3 to 4 days; fish jar best within 3 days.
- If reheating chicken or tofu jars, remove herbs and heat until steaming hot.
- For commutes, keep jars upright inside a lunch pouch.

## Macros Guide per Jar (check your labels)

Jar	Protein (g)	Notes
Chicken + Quinoa	38 to 42	150 g chicken + 3/4 cup quinoa
Greek Chickpea + Tzatziki	30 to 34	1 cup chickpeas + 3/4 cup Greek yogurt
Spicy Tofu + Soba	36 to 40	200 g tofu + 1/2 cup edamame + soba
Tuna + White Bean	32 to 36	1 tuna can + 3/4 cup white beans