

BUILD YOUR OWN CRUNCH & WRAPS

MACRO-FRIENDLY PANTRY STAPLES

Simple homemade crackers, flexible wraps, and flour blends built from lentils, chickpeas, and oats - with a separate protein-boost section when you want more protein without changing the whole meal.

Written by the peoples trainer

WHY THIS WORKS

Legume flours such as lentil and chickpea flour contribute meaningful protein and fiber. Oats add whole-grain fiber and a mild flavor. Making the base yourself also gives you direct control over salt, oil, and portion size.

OIL SWAP

Olive oil and avocado oil are interchangeable 1:1 in every recipe in this chapter. Olive oil brings more flavor; avocado oil is more neutral. The macros are essentially the same at the same amount.

01

The Pantry Flour Lab

DIY OAT, CHICKPEA & LENTIL FLOUR

You do not need specialty flour for every recipe. Oat flour is extremely easy to make at home. Chickpea and lentil flour can also be made from dry legumes if you have a high-powered blender or grain mill.

FLOUR	APPROX. / 30 g	WHY USE IT
Red lentil	106 cal 7.4g P 19g C 0.3g F 3.2g fiber	Most protein of the three; earthy, crisp texture
Chickpea	113 cal 6.1g P 18.9g C 1.8g F 3.7g fiber	Protein + fiber; flexible for wraps and savory batters
Oat	114 cal 3.9g P 20.3g C 2.0g F 3.0g fiber	Whole-grain base; mild flavor; inexpensive

MAKE OAT FLOUR

Add old-fashioned or quick oats to a dry blender. Blend 30-45 seconds until powdery. Stop, shake the blender, then blend again if needed. For a finer flour, sift and reblend the coarse pieces. 1 cup oats makes about 1 cup oat flour by volume.

MAKE LENTIL FLOUR

Blend dry red split lentils in small batches until powdery, then sift. Red split lentils are easier on a blender than whole chickpeas. Store airtight and use within the freshness window of the original lentils.

MAKE CHICKPEA FLOUR

Use dry, uncooked chickpeas. Work in small batches in a high-powered blender or grain mill until fine. Sift, then reblend coarse bits. Standard low-power blenders may struggle with hard chickpeas, so store-bought chickpea flour is the safer choice if your machine is not built for grains.

STORE-BOUGHT? YES.

Lentil flour is commercially available, including red lentil flour sold online through major retailers. Availability varies by store, so dry red lentils are the dependable budget backup. Chickpea flour is also commonly sold as garbanzo bean flour or besan.

Macro note: values are rounded estimates based on typical USDA FoodData Central entries. Brand, grind, and serving weight can change the numbers.

Crispy Red Lentil Crackers

6 SERVINGS | BAKE | NATURALLY PROTEIN-FORWARD

Crunchy enough for salsa, avocado dip, tuna, hummus, or a quick street-snack plate - without a long ingredient list.

PER SERVING

~90 CAL

PROTEIN

4.9 g

CARBS

12.7 g

FAT

2.5 g

FIBER

2.1 g

YOU'LL NEED

1 cup (120 g) red lentil flour
 1 Tbsp olive oil or avocado oil
 1/2 tsp fine salt
 1/2 tsp garlic powder
 1/2 tsp smoked paprika or chili powder
 1/3-1/2 cup warm water, added gradually
 Optional: sesame seeds, cracked pepper, dried herbs

DIY LENTIL FLOUR

No lentil flour? Grind dry red split lentils in a high-powered blender until fine, sift, and reblend any coarse pieces.

MAKE IT

1. Heat oven to 375 F. Line a sheet pan with parchment.
2. Mix flour, salt, and spices. Stir in oil, then enough warm water to form a soft, non-sticky dough. Let it sit 5 minutes so the flour hydrates.
3. Place dough between two sheets of parchment and roll very thin - about 1/16 inch. Peel off the top sheet. Score into cracker-size squares.
4. Bake 16-22 minutes, rotating once. Remove browned edge pieces early if needed. Cool completely; they crisp more as they cool.

DEFICIT MOVE

Use 1 tsp oil instead of 1 Tbsp and keep the crackers thin. That removes roughly 13 calories per serving from the batch.

SURPLUS MOVE

Keep the full oil amount, add sesame seeds, and pair with avocado hummus or another energy-dense dip.

03

Chickpea Skillet Wraps

6 WRAPS | ONE BOWL | NO ROLLING PIN

A savory, crepe-style wrap with more protein and fiber than a typical refined-flour tortilla. Good for chicken, salmon, eggs, vegetables, or shawarma-style fillings.

PER WRAP
~95 CAL**PROTEIN**
4.1 g**CARBS**
12.6 g**FAT**
3.5 g**FIBER**
2.4 g**YOU'LL NEED**

1 cup (120 g) chickpea flour
1 cup water, plus 1-3 Tbsp as needed
1 Tbsp olive oil or avocado oil
1/2 tsp salt
1/2 tsp garlic powder
Optional: cumin, black pepper, parsley or cilantro

MAKE THE CHICKPEA FLOUR

Blend dry uncooked chickpeas in a high-powered blender or grain mill until powdery, sift, and reblend coarse pieces. If your blender is not rated for grains, buy chickpea/garbanzo flour instead.

MAKE IT

1. Whisk everything until smooth. Rest 10 minutes; chickpea flour thickens as it sits. Add a splash of water if the batter no longer pours easily.
2. Heat a good nonstick skillet over medium. Pour about 1/6 of the batter into the center and quickly swirl into a thin 7-8 inch round.
3. Cook 1 1/2-2 minutes until the top looks dry and edges lift. Flip and cook 30-60 seconds.
4. Stack cooked wraps under a clean towel while warm. This traps a little steam and keeps them flexible.

DEFICIT MOVE

Use a well-seasoned nonstick pan and reduce the batter oil to 1 tsp. Fill the wrap heavily with lean protein and vegetables.

SURPLUS MOVE

Make 4 larger wraps instead of 6, then add avocado, hummus, beans, or a second protein portion.

04

Soft Oat-Flour Wraps

6 WRAPS | WHOLE-GRAIN | MILD FLAVOR

These are softer and milder than legume wraps, making them a good all-purpose option for breakfast wraps, fish tacos, chicken wraps, or a quick quesadilla-style meal.

PER WRAP

~108 CAL

PROTEIN

3.5 g

CARBS

17.3 g

FAT

2.9 g

FIBER

2.8 g

YOU'LL NEED

1 1/2 cups (150 g) oat flour
1 Tbsp (7 g) ground flaxseed
1 1/2 cups water
1 tsp olive oil or avocado oil
1/2 tsp salt
Optional: onion powder, garlic powder, dried herbs

MAKE THE OAT FLOUR

Blend old-fashioned or quick oats 30-45 seconds until fine. Sift for a smoother wrap, then reblend the coarse pieces.

MAKE IT

1. Whisk all ingredients until smooth. Rest 5-8 minutes so the oat flour and flax absorb water.
2. If the batter becomes thicker than pancake batter, whisk in water 1 tablespoon at a time.
3. Heat a nonstick skillet over medium-low. Pour about 1/6 of the batter and swirl into a thin round.
4. Cook until the top is mostly set, then flip carefully. Cook another 30-60 seconds. Keep under a towel until serving.

REALITY CHECK

Oat flour is nutritious and fiber-rich, but it is not as protein-dense as lentil or chickpea flour. Use it for texture and whole-grain value - not as your main protein source.

OIL SWAP

Olive oil or avocado oil works 1:1. At only 1 teaspoon per batch, the flavor difference is small.

This is the best middle ground: chickpea flour adds protein and structure while oat flour softens the flavor and texture.

PER WRAP
~89 CAL

PROTEIN
3.6 g

CARBS
13.4 g

FAT
2.5 g

FIBER
2.5 g

YOU'LL NEED

1/2 cup (60 g) chickpea flour
1/2 cup (60 g) oat flour
1 Tbsp (7 g) ground flaxseed
1 1/4 cups water, plus more if needed
1 tsp olive oil or avocado oil
1/2 tsp salt
Optional: cumin, paprika, garlic powder

MAKE BOTH FLOURS

Oat flour: blend oats until fine. Chickpea flour: grind dry chickpeas only in a high-powered blender or grain mill, then sift. Store both airtight.

MAKE IT

1. Whisk the dry ingredients, then whisk in water and oil until smooth. Rest 8-10 minutes.
2. Adjust with 1 tablespoon water at a time until the batter pours easily but still coats the pan.
3. Cook in a nonstick skillet over medium heat, about 1 1/2-2 minutes on the first side and 30-60 seconds on the second.
4. Stack under a towel. Refrigerate leftovers with parchment between wraps; rewarm briefly in a skillet before using.

DEFICIT MOVE

Keep them at 6 wraps and use lean, high-volume fillings: chicken breast, fish, cabbage, peppers, pico, greens, or beans in a measured portion.

SURPLUS MOVE

Make 4 wraps instead of 6 or eat two. Add avocado sauce, beans, rice, or an extra protein portion to raise energy without changing the recipe.

06

The Macro Control Dial

SAME BASE, DIFFERENT GOAL

The smartest adjustment is usually portion size and added fat - not rebuilding the recipe from scratch. Keep the same food and turn the calorie dial up or down.

MOVE	DEFICIT / LIGHTER	SURPLUS / HIGHER ENERGY
Oil	Use 1 tsp instead of 1 Tbsp where texture allows	Use full oil amount; brush cooked wraps lightly if desired
Portion	1 wrap or 1 cracker serving	2 wraps or 1.5-2 cracker servings
Filling	Lean protein + high-volume vegetables	Protein + rice/beans + avocado/hummus
Sauce	Salsa, herbs, citrus, thinner avocado sauce	Full avocado sauce, hummus, tahini or olive-oil dressing
Protein	Keep protein high; cut calories from extras first	Increase total meal with a second protein serving if needed

IMPORTANT

A food is not automatically a “deficit food” or a “surplus food.” Your total daily energy intake relative to your energy expenditure determines whether you are in a calorie deficit or surplus. These recipes simply make portions easier to control.

BATCH MOVE

Make a double batch of wraps or crackers, cool completely, then portion before storing. That prevents the “healthy food” trap where calorie-dense extras still creep upward simply because the ingredients have a health halo.



PROTEIN-BOOST SECTION

PROTEIN BOOST

WHEN FOOD-FIRST NEEDS A LITTLE HELP

The core recipes do not require supplements. But if someone needs a higher-protein version, unflavored plant protein powder can be used as a functional ingredient - not as the foundation of the diet.

BEST FIT

An unflavored pea protein or pea/rice blend is usually the easiest savory option. Avoid sweetened vanilla or chocolate powders. Check the label: protein powders vary widely in calories, sodium, gums, and serving size.

TEXTURE RULE

Do not replace all the flour with protein powder. Protein powder absorbs water differently and can make wraps dry or crackers chalky. A good starting range is roughly 15-30% of the dry mix by weight.

Macro assumption used in this chapter: 25 g unflavored plant protein = about 100 calories, 20 g protein, 2 g carbohydrate, and 1.5 g fat. Your product label is the final authority.

The goal is flexibility: keep the whole-food base, then use a measured amount of powder only when the protein target calls for it.

The same lentil-cracker base, upgraded with a modest amount of unflavored plant protein powder so the texture still behaves like a cracker.

PER SERVING

~107 CAL

PROTEIN

8.3 g

CARBS

13.0 g

FAT

2.7 g

FIBER

2.3 g

YOU'LL NEED

- 1 cup (120 g) red lentil flour
- 1 scoop (25 g) unflavored plant protein powder
- 1 Tbsp olive oil or avocado oil
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2-2/3 cup warm water, added slowly

DIY LENTIL FLOUR

Grind dry red split lentils in a high-powered blender, sift, and reblend any coarse pieces.

MAKE IT

1. Heat oven to 375 F. Line a sheet pan with parchment.
2. Whisk lentil flour, protein powder, salt, and seasoning very thoroughly before adding liquids.
3. Stir in oil, then add warm water gradually. Protein powder can absorb extra water, so stop when you have a soft, workable dough. Rest 5 minutes.
4. Roll thin between parchment, score, and bake 16-24 minutes. Watch the edges closely; protein-fortified crackers can brown a little faster. Cool completely.

PROTEIN GAIN

Compared with the standard lentil crackers, the estimated protein rises from about 4.9 g to 8.3 g per serving using the sample powder assumption.

TEXTURE FIX

If the dough cracks while rolling, add water 1 teaspoon at a time. If sticky, dust lightly with lentil flour - not more protein powder.

08

Protein Chickpea-Oat Wraps

6 WRAPS | ~10 G PROTEIN EACH

A higher-protein wrap that still uses chickpea and oat flour for structure, fiber, and a food-first base.

PER WRAP	PROTEIN	CARBS	FAT	FIBER
~135 CAL	10.2 g	14.1 g	4.5 g	2.9 g

YOU'LL NEED

1/2 cup (60 g) chickpea flour
1/2 cup (60 g) oat flour
2 scoops (50 g) unflavored plant protein powder
1 Tbsp (7 g) ground flaxseed
1 Tbsp olive oil or avocado oil
1 1/2 cups water, plus more as needed
1/2 tsp salt + savory seasoning

DIY FLOURS

Oat flour: blend oats 30-45 seconds until fine. Chickpea flour: grind dry chickpeas only in a high-powered blender or grain mill, then sift.

MAKE IT

1. Whisk all dry ingredients first so the protein powder is evenly dispersed.
2. Whisk in water and oil. Rest 8-10 minutes. Add water 1 tablespoon at a time until the batter is pourable; exact needs depend on the protein powder.
3. Cook 1/6 of the batter at a time in a nonstick skillet over medium-low to medium heat. Keep each wrap thin.
4. Flip once the surface is mostly set. Cook briefly on the second side, then stack under a towel to hold moisture and flexibility.

USE THE LABEL

If your powder has different macros, recalculate from its nutrition label. The recipe mechanics will usually still work, but water needs can change.

MAKE IT A MEAL

Two wraps provide about 20 g protein before the filling. Add chicken, fish, eggs, tofu, beans, or another whole-food protein source based on the meal target.

Nutrition numbers are estimates, not laboratory analyses. They were calculated from typical ingredient values and rounded to make the guide usable in a real kitchen. Exact brands, measuring technique, moisture, grind, and protein-powder formula can change the final macros.

PRIMARY NUTRITION REFERENCE

U.S. Department of Agriculture, FoodData Central. Food composition database used as the primary reference framework for oats, dry chickpeas, dry lentils, flaxseed, and oils.

<https://fdc.nal.usda.gov/>

WHY THESE INGREDIENTS MAKE SENSE

Harvard T.H. Chan School of Public Health - The Nutrition Source. Legumes and pulses are sources of protein and fiber; chickpeas and lentils provide protein, fiber, and multiple micronutrients. Oats are a whole grain and a source of soluble and insoluble fiber.

<https://nutritionsource.hsph.harvard.edu/legumes-pulses/>

<https://nutritionsource.hsph.harvard.edu/food-features/chickpeas-garbanzo-beans/>

<https://nutritionsource.hsph.harvard.edu/food-features/lentils/>

<https://nutritionsource.hsph.harvard.edu/food-features/oats/>

LENTIL FLOUR AVAILABILITY

Red lentil flour is commercially sold, including products currently listed through major retailers such as Walmart from brands including Food to Live and Pride of India. Store-level inventory varies, which is why this chapter also includes a DIY dry-lentil method.

Retail availability checked August 2026.

THE PRACTICAL RULE

Use homemade flour when it saves money and the texture works. Buy the flour when convenience, blender limitations, or consistency matter more. The goal is not to make every ingredient from scratch - it is to build repeatable food that supports the target.

Educational use only. This guide is not medical advice and is not a substitute for individualized care from a qualified health professional.