



The Lunch Bunch

Your weekly guide to prepping and packing your lunch

Groceries

Note: this guide helps prep lunch for one person. If you're prepping for two, double everything.

Produce:

- 6 cups kale (or one bunch)
- 1 bag of spinach (washed and ready, organic preferred)
- 2 Tomatoes
- 2-3 peppers (check out a farmer's market!)

Staples:

- EVOO
- Sea salt
- Balsamic vinegar
- Dijon mustard

Protein/dairy:

- 2-3 Chicken breasts
- 2 cups cooked quinoa
- 2-3 [Black bean burgers](#)
- 1/4 cup fresh basil
- 1 cup Fresh Mozzarella
- 1/4-1/2 cup Parmesan cheese

Frozen/Dry/Other:

- Edamame (frozen aisle)

Ingredients

- Kale
- EVOO
- Sea salt

Directions:

- Preheat oven to 300 degrees. Wash kale and tear leaves apart from stem (into about 3-4 inch pieces). Place into large

Kale Chips

bowl and massage EVOO into the leaves. *Massaging gets rid of that bitter taste and tough texture by breaking down the cellulose structure of the greens.

- Sprinkle with sea salt. Once coated thoroughly, place kale evenly on a cooking sheet. Bake 18-20 minutes, turning halfway through to sprinkle on Parmesan cheese. Add a bit more cheese after cooking, if desired.

Simple Salad

Ingredients:

- 2-3 chicken breasts, poached and cut into bite-sized pieces
- 1 bag spinach (or 50/50 kale/spinach)
- 2 fresh tomatoes, chopped
- 2-3 bell peppers
- 2 cups edamame, steamed
- 1/4 cup basil, cut in a chiffonade
- 1 cup fresh mozzarella cut into bite-sized pieces
- 2 Tbsp balsamic vinegar
- 1 Tbsp Dijon mustard
- 6 Tbsp. EVOO
- Salt and pepper to taste

Directions:

- Take a bunch of spinach (or 50/50 kale) and add your favorite salad ingredients. For instance, fresh tomatoes, peppers, edamame, basil and fresh mozzarella.
- Prep your protein. Poach 2-3 chicken breasts and cut into bite-sized pieces, cook 2-3 black bean burgers or prep 2 cups of quinoa.
- Seal into 5 airtight containers for the workweek
- Make Balsamic Dressing to add to the salad right before you eat it. Combine balsamic vinegar, Dijon mustard, EVOO, salt and pepper

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pre-made salad, dressing and 1/4 cup quinoa. Kale chips	1 Pre-made salad, dressing and 1/4 cup chicken breast or black bean burger	1 Pre-made salad, dressing and 1 black bean burger A side of kale chips	1 Pre-made salad, dressing and 1/4 cup quinoa and 1/4 cup chicken or black bean burger	1 Pre-made salad, dressing and 1/4 cup quinoa. Kale chips