



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:

- 1 head of cauliflower
- Diced chives
- 3 ears of corn
- 1/2 Red Bell Pepper
- 1/2 cup scallions
- 3 Tbsp. cilantro
- 1-2 cloves garlic
- Asparagus

Staples:

- Salt and pepper to taste

EVOO

Protein/dairy:

- 3 eggs
- Greek yogurt
- 2 Salmon fillet
- Skim milk

Frozen/Dry/Other:

- Gluten free bread crumbs
- 1/2 cup rolled oats
- 1 (15oz) can Reduced-Sodium Black Beans
- Hummus

Recipe 1: Cauliflower & Corn Patties

Ingredients

- 1 head cauliflower
- 1/2 GF bread crumbs
- 2 Tbsp diced chives
- 2 ears of corn (frozen okay if in a hurry!)
- 2 eggs
- 2 TBS skim milk

Directions:

1. Steam one head cauliflower.
2. Add skim milk and mash until potato-like consistency.
3. Mix in gluten free breadcrumbs and 2 eggs. Add 2 Tbsp diced chives, 2 cobs of corn and a heavy dash of salt and pepper. Mix well.
3. Heat skillet over medium to high heat with EVOO. Take one heaping spoon of batter to make a 3-4 inch patty. Flip when browned.

Black Bean Burgers

Ingredients

- 1 (15oz) can Reduced-sodium black beans, rinsed, drained and dried
- 1 cup fresh corn
- 1/2 cup rolled oats
- 1 egg
- 1/2 Red Bell Pepper, diced
- 1/2 cup scallions, diced
- 3 Tbsp. cilantro, diced
- 1-2 cloves garlic, finely diced
- Dash of salt

Directions:

1. Combine bell pepper, scallions, cilantro, and garlic. Mix in the oats, egg, and salt until well combined. In separate bowl, mash beans with a fork until a paste. Fold the mixture into the mashed beans.
2. Form the mixture into 5 patties and place on a baking sheet lined with wax paper. (If the mixture is too wet, add another tablespoon of oats.)
3. Freeze for at least 2 hours before cooking
4. Heat skillet to medium heat and cook each side until browned.

Your week of lunches

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Black bean burger with 1/4 avocado over a bed of spinach & tomatoes | Cauliflower patty with baked chicken or salmon fillet | Black bean burger, hummus and fresh tomato salsa | Cauliflower patty topped with Greek yogurt for a light option | Black bean burger with toasted gluten free bun (optional) and roasted asparagus |