



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

Chia pudding basics:

- Chia Seeds
- Unsweetened Vanilla Almond Milk
- Raw, unsalted walnuts

Toppings:

- 1 peach
- Almonds
- 1 banana
- ½ cup blueberries or strawberries

Pantry Staples:

- Cacao powder
- Raw, unsweetened honey
- Vanilla
- Cinnamon
- Rolled Oats
- Almond Butter
- Unsweetened coconut flakes

Recipe 1: Basic Chia Pudding (5-6 servings)

Ingredients

- 1 Cup Chia Seeds
- 3 Cups Unsweetened Almond Milk (vanilla optional)

Directions:

1. Directions – add chia to almond milk and whisk thoroughly.
2. Refrigerate and let set in sealed container overnight to thicken.

Recipe 2: Chocolate Chia Pudding

Ingredients

- 2 Tbsp. Chia Seeds
- 6 Tbsp. unsweetened almond milk
- 1 T. Cacao Powder
- 1 tsp vanilla
- 1/2 tsp raw honey, rounded
- ¼ cup crushed walnuts

Directions:

1. Directions – add chia to almond milk and whisk thoroughly.
2. Refrigerate and let set in sealed container overnight to thicken.

Recipe 3: Chia Oats

Ingredients

- ¼ cup rolled oats
- 1 Tbsp. chia seeds
- 6 Tbsp unsweetened almond milk
- 1 Tbsp. almond butter
- ½ tsp vanilla
- ½ tsp raw honey
- dash cinnamon

Directions:

1. Directions – add chia to almond milk and whisk thoroughly.
2. Refrigerate and let set in sealed container overnight to thicken.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Basic Chia Seed Pudding and 1 small banana and 2 Tbsp. almond butter	Basic Chia Seed Pudding and ½ cup blueberries or strawberries with unsweetened coconut flakes	Basic Chia Seed Pudding and 1 peach, dash of cinnamon, ¼ cup crushed walnuts	Chia Oats	Chocolate Chia pudding