



# 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:

Scallions, 1 small bunch  
1 avocado  
1 mango  
1 fresh tomato  
Spinach  
1 bag coleslaw mix

### Frozen/Dry/Other:

Frozen, shelled edamame  
2 packages ramen noodles, any flavor  
Corn tortillas

Black beans

Black olives

### Protein:

2 chicken breasts

Raw, unsalted almonds

### Staples:

Extra Virgin Olive Oil (EVOO)

Rice Wine Vinegar

Sesame Oil

Raw, unfiltered honey (or agave nectar)

Soy Sauce, low sodium

## Recipe base: Healthy Asian Chicken Salad

### Salad Ingredients

2 packages ramen noodles, crumbled (don't use seasoning mix)  
1 bag coleslaw mix  
1 cup edamame  
½ cup almonds  
½ cup scallions, diced

### Dressing ingredients:

2/3 cup EVOO  
1/3 cup rice wine vinegar  
¼ cup sesame oil  
¼ cup honey  
4 Tbsp soy sauce (low sodium)  
Salt and pepper

### Directions:

1. On Sunday, poach chicken breasts until done. Let cool and pull chicken into desired bite size pieces.
2. At same time, boil or cook edamame according to directions on package.
3. If desired, toast almonds on baking sheet for 5 minutes each side at 450 degrees F.
4. Mix the raw ramen noodles with coleslaw, edamame, almonds and scallions then add chicken. Stir in dressing and store in a tightly sealed container.

### Quick tips

If you toast the crumbled noodles with the almonds, a more crunchy texture will last throughout the week.  
Always add dressing to your desire, the noodles will become softer as the salad sits throughout the week.

## Your week of lunches

Asian Chicken Salad with following add-ins:

Monday	Tuesday	Wednesday	Thursday	Friday
¼ (medium sized) avocado & ¼ cup black beans	½ mango	Roll in a small corn tortilla with fresh tomatoes and/or salsa	Serve over bed of spinach & add ¼ cup black olives	Pack for lunch as is add one piece of fruit