



# 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.

### Frozen/Dry/Other:

Frozen peas

### Staples/Pantry:

Basil pesto

### Protein/dairy:

Rotisserie chicken, fully cooked (or whole roasted chicken)

Greek yogurt – Faye 0% plain

### Optional add-ins:

Frozen edamame

Pine nuts

Romaine lettuce

Spinach or dark leafy greens

Gluten free bread

Corn tortillas, 6-inch

## Chicken Salad

### Ingredients

1 rotisserie chicken, fully cooked

¼ cup basil pesto

1 cup frozen peas, thawed

¾ to 1 cup plain Greek yogurt (depending on how big your chicken is)

1 cup frozen edamame, steamed and cooled to room temp

¼ cup pine nuts, chopped, dried and unsalted

### Directions:

1. Pull meat from the chicken, trying to discard all fat and skin. Shred the chicken into bite size pieces and place in big mixing bowl. \*Dark meat contains more fat than the white breast meat

2. Blend yogurt and pesto in a separate bowl. Gently mix yogurt sauce into shredded chicken. Add peas and optional edamame and pine nuts

3. Store in airtight container, enjoy!

## Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken salad on top a bed of greens	Toasted (gluten-free) chicken salad sandwich	Chicken salad lettuce wrap (romaine greens)	Roll chicken salad into corn tortilla	Plain, why not?! Add a side of roasted veggies and piece of fruit for a sweet dessert