



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:

- 1-2 Cobs Fresh Corn (Steamed frozen corn in the organic aisle is also a good choice since it's near the end of corn season)
- 1 red tomato
- 1 jalapeño
- Fresh cilantro
- 1 large red bell pepper

Optional add-ins:

- 1 medium avocado
- Greek yogurt
- Fresh salsa

- Pita bread
- Chicken breast

Staples/Pantry:

- Quinoa
- 1 can black beans
- Cumin
- Garlic powder
- Onion powder
- Chili powder
- Salt and pepper

Protein/dairy:

- Feta cheese *optional

Southwest Style Quinoa

Ingredients

- 3 cups cooked quinoa
- 1 large red bell pepper, diced
- 1 cup corn, cooked
- 1 cup canned black beans, rinsed and drained
- 1/2 cup finely diced tomatoes
- 1 jalapeño, finely chopped (less if don't like spicy)
- 2-3 T chopped fresh cilantro leaves
- 1 tsp cumin
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp chili powder
- Salt and pepper, to taste
- 1/2 cup feta cheese *optional

Directions:

1. Cook quinoa according to directions to yield 3 cups
2. In large mixing bowl - combine cooked quinoa, corn, beans, pepper, tomato and cheese. Mix in spices.
3. For stuffed pepper: Preheat oven to 350 degrees while preparing the quinoa. Line backing dish with foil for easy clean up. Cut off the top of pepper to hollow out and fill each cavity with the quinoa mixture. Bake 25-30 minutes, or until peppers are tender

Recipe adapted from cookingquinoa.net

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Quinoa Stuffed Pepper (meatless Monday!)	Grilled pita stuffed with quinoa; serve with fresh salsa, 1/4 avocado	Quinoa with 1 serving grilled chicken (4oz)	Quinoa Stuffed Pepper	Grilled pita stuffed with quinoa; serve with fresh salsa and Greek yogurt