



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 medium butternut squash
- 1 yellow onion
- 3 medium carrots
- 1 Granny Smith apple

Optional add-ins:

- Broccoli
- Leafy greens (for salad)
- Corn tortillas (6-inch), tomato and feta

Staples/Pantry:

- 28oz low sodium chicken broth (carton)
- Maple syrup
- Cinnamon
- Nutmeg
- Salt and pepper
- 1 (15oz) can garbanzo beans
- Olive oil
- Brown sugar
- Agave nectar

Butternut Squash Soup

Ingredients

- 1 medium butternut squash, peeled, seeded and chopped into 1-inch cubes
- 1 yellow onion, chopped
- 3-4 medium carrots, peeled and chopped
- 1 Granny Smith apple, peeled and chopped
- 28 oz low sodium chicken broth
- 1 (heaping) T maple syrup
- ½ tsp cinnamon
- ¼ tsp nutmeg
- Salt and pepper, to taste
- Roasted chickpeas –
- 1 (15oz) can garbanzo beans, 1 T olive oil, 1 ½ T agave nectar, 1 T brown sugar, ¼ tsp cinnamon, dash of salt

Directions:

1. Add chopped butternut squash, onion, carrot and apple to your slow cooker. (Tip – microwaving the squash for 2 minutes

helps make it softer prior to cutting/peeling)

2. Pour vegetable broth over all ingredients. Cook on high for 2 ½-3 hours or until veggies are very tender.
3. Once the veggies are soft, puree the soup into a smoothie-like texture using a blender or food processor. *I added the veggies to my blender in two separate batches.
4. Place pureed veggies back into the slow cooker. Add cinnamon, nutmeg and maple syrup. Season with salt and pepper, to taste. Allow it to simmer on low for 1-2 hours.
- Roasted Chickpeas –
5. Preheat oven to 375 F. Rinse and drain chickpeas. Dry and roll on towel to remove skin. In small bowl, combine oil, agave, brown sugar, cinnamon and salt. Place chickpeas on baking sheet and pour mixture on top. Toss until well coated. Bake 40-45 minutes, stirring every 15 minutes. Ready when crunchy!

Recipe adapted from Two Peas & Their Pod

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Soup topped with roasted chickpeas	Soup with simple salad (previous lunch bunch)	Soup topped roasted chickpeas	Soup with grilled quesadilla (corn tortilla with and tomato)	Soup with roasted broccoli