



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 onion
- 3 carrots
- 1 red pepper
- 1 Anaheim pepper
- 1 jalapeño pepper

Frozen/Dry/Other:

- 1 medium avocado
- 1 medium tomato
- Fresh corn
- Greek yogurt, plain
- Cheese – one block cheddar (shred on own) or goat cheese

Staples:

- Olive oil
- Tomato paste
- 2 cans petite chopped tomatoes, no salt added, undrained
- 1 can red kidney beans, rinsed and drained
- 1 can black beans, rinsed and drained
- 1 can chickpeas, rinsed and drained
- 1 can white kidney beans, rinsed and drained
- Chili powder
- Salt and pepper

Protein/dairy:

- 1.5 lbs 99% lean ground turkey

Turkey Chili

Ingredients

- 1.5 lbs. 99% lean ground turkey
- 1 T olive oil
- 1 small onion, chopped
- 3 carrots, chopped
- 1 red pepper, chopped
- 1 Anaheim pepper, chopped
- ½ Jalapeno pepper, chopped (no seeds)
- 3 T tomato paste
- 2 cans petite chopped tomatoes, no salt added, undrained
- 1 can red kidney beans, rinsed and drained
- 1 can black beans, rinsed and drained
- 1 can chickpeas, rinsed and drained
- 1 can white kidney beans, rinsed and drained *optional, add last
- 3 T chili powder
- Additional toppings – cheese, avocado, Greek yogurt

Directions:

1. Heat oil in skillet over medium heat. Add onion and turkey. Season with salt and pepper. Cook until turkey is no longer pink, continuously stirring. Drain and discard any fat.
2. Place turkey into slow cooker. Add remaining ingredients (chili powder last). Stir and season with salt and pepper, if desired.
3. Cover and cook on high for 6 hours or low for four hours. Serve with toppings!
*If you don't have a crock-pot, cook in a big pot on medium/low heat for at least an hour. Enjoy

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Chili topped with cheese and ¼ avocado	Chili topped with ¾ cup (1 single serve) of Greek Yogurt	Chili topped with ½ cup fresh corn (or corn-bread?!))	Chili topped with crispy tortilla strips and ¼ avocado	Chili served with a cheese & tomato quesadilla (6-inch corn tortilla)