



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:

- 2 fresh red tomatoes
- 1 yellow onion
- Garlic
- Fresh parsley (OR dried)

Protein/Dairy:

- 2 lbs. 95% lean ground turkey
- 2 eggs

Frozen:

- Cubed butternut squash (Available at Trader Joe's or Whole Foods)

Optional add-ins:

- 1 red bell pepper
- Red pepper flakes
- Spaghetti squash
- Whole grain pita bread

Staples/Pantry:

- Quinoa
- Almonds, unsalted, roasted
- Balsamic vinegar
- Salt and pepper

Turkey meatballs

Ingredients

- 2 lbs. 95% lean ground turkey
- 1 cup cooked quinoa
- 2 eggs
- ¼ cup onion, minced
- 1 clove garlic, minced
- 1 cup cubed squash (Frozen)
- ¼ cup almonds, chopped
- 1 T dried parsley
- 1 clove garlic, minced
- Dash of red pepper flakes

Salt and pepper, a few generous dashes

Directions:

1. Preheat oven to 350 degrees. Lightly coat a baking dish with olive oil (to make non-stick). Set aside
2. Mix together all ingredients. *Note - I diced my butternut squash further to create smaller cubes.
3. Form into 1-2 inch balls. Place securely (side by side) in baking dish
4. Bake for 30 minutes or until there is no pink left in the middle.

Homemade tomato sauce

Ingredients

- 2 fresh tomatoes, finely diced
- ½-1 cup pepper, finely diced (optional)
- ¼ cup onion, minced
- 1 garlic clove, minced
- Dash of balsamic vinegar
- Fresh basil (OR 1-2 tsp. dried)

Salt and pepper, to taste

Directions:

While meatballs are baking, mince garlic and onion and sauté in olive oil. Add finely diced tomatoes and peppers. Season with salt and pepper. Let simmer for 20 minutes. Add basil and dash of balsamic at end.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Serve over spaghetti squash (a nutritious version of pasta!)	Quinoa balls over a simple salad	Serve over spaghetti squash	Quinoa balls over a bed of spinach.	Meatball sub! Stuff in whole grain pita with sauce for a healthy twist.