



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 yellow onion
- 4 stalks of celery
- 1 Green Anjou pear
- Fresh Thyme
- Fresh Parsley (If you don't want to buy fresh parsley, you can substitute ½ tsp. dried Italian herbs OR ½ tsp. sage)
- 1 avocado

Staples/Pantry:

- Loaf of 100% whole wheat bread
- Vegetarian broth, low sodium
- Dried cranberries
- Olive oil
- Salt and pepper

Protein/Dairy:

- 2 eggs
- 2 Chicken breasts

Stuffins

Ingredients

- ½ Stale loaf of whole wheat bread, cubed*
- 1 cup yellow onion, finely diced (about ½ onion)
- 1 cup celery, finely diced (about 4 stalks)
- 1 Green Anjou pear, diced
- 2 T Fresh thyme
- ¼ cup fresh parsley, minced
- 1 ¾ - 2 cups vegetarian broth, low sodium (depending on amount of bread)
- ½ - ¾ cup dried cranberries
- 2 egg whites
- 1 tsp. pepper
- Pinch of salt

Directions: (recipe makes 12)

1. Tear bread into small cubes (less than 1 inch) as soon as you buy to let dry out overnight. Try to buy day old bread (cheaper!) at bakery, if possible.
2. Preheat oven to 400 degrees F.
3. Over medium heat, sauté onion with olive oil. Cook until translucent (just a few minutes)
4. Add pear and celery. Cook for 5 minutes, or until softened.

Season with salt and pepper.

5. Off of the heat, mix in cranberries and herbs.
6. Place cubed bread in a large bowl and combine cooked veggies. Pour vegetable stock over mixture, 1 cup at a time, and mix until well moistened. *All the stock should be soaked into the bread.
7. Add two egg whites. *The bread should be holding together at this point, acting like a dough
8. For convenience, I used paper muffin liners. If you don't have these on hand, lightly grease a standard muffin tin with olive oil.
9. Fill each muffin tin with stuffing mixture and really STUFF them in to hold the batter together. Bake for 20-25 minutes, or until golden brown and crispy on top. Enjoy!

Recipe adapted from: Brit+Co

* Option for day-old bread: Pre-heat the oven to 275. Cut bread into small cubes and spread in a single layer on a baking sheet. Bake for 30 minutes. Baking at this low temperature will dry them the bread out without browning. Or check the bakery aisle to see if they have already done the work for you.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled chicken, topped with avocado & tomato with side of stuffin	Simple salad (10/1 LunchBunch) with veggie burger and stuffin	Grilled chicken, topped with avocado & tomato with side of stuffin	Quinoa with grilled chicken and stuffin	Healthy turkey chili (10/8 LunchBunch – always freeze the leftovers!) and stuffin