



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:

- 3 medium carrots
- 1 yellow onion
- 1-2 stalks celery
- 1 lemon (or lemon juice)

Staples/Pantry:

- Flour
- Extra virgin olive oil
- Vegetable oil

- Dried thyme
- Salt and pepper

Protein/Dairy:

- Rotisserie chicken
- Almond milk, unsweetened
- 1 egg

Frozen/other:

- 1 bag frozen peas
- 16 oz wide lid mason jars (oven and microwave safe)

Chicken Pot Pie (without the pie)

Ingredients

- 1 rotisserie chicken
- 3 medium carrots
- 1 cup frozen peas, thawed
- ½ yellow onion, chopped
- 1 cup celery, chopped
- 2 ½ cups almond milk
- ¼ cup flour
- ¼ tsp. thyme
- 2 T lemon juice
- salt and pepper, to taste
- Gluten free cornbread mix: 1 egg, vegetable oil, almond milk (or according to directions to your own mix on hand)

Directions: (recipe makes 5 servings)

1. Preheat oven to 400 degrees F.
2. Pull meat from the chicken while still warm, trying to discard

all fat and skin. Use white meat only. Shred the chicken into bite size pieces.

3. In skillet, sauté carrots, onion and celery with EVOO over medium heat. Cook about 8-10 minutes, or until carrots are tender. Season with salt and pepper.

4. Add flour, while continuously stirring, for 1 minute. Gradually add milk, stirring until smooth. Cook, stirring occasionally, until mixture comes to a simmer and thickens. About 15-20 minutes.

5. Remove from heat; stir in peas, lemon juice and chicken. Add thyme. Pour filling into mason jars to ¾ full.

6. Mix gluten-free cornbread mix according to directions while roux is thickening. Top each mason jar with corn bread mix (you may have leftovers for a few muffins).

7. Bake about 20-25 minutes, or until the cornbread is golden and the pot pie is bubbly. Wait 15 minutes to cool and enjoy.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken pot pie with a piece of fruit	Chicken pot pie with a side of your favorite veggies	Chicken pot pie with a piece of fruit	Chicken pot pie with a side of your favorite veggies	Chicken pot pie with a piece of fruit