



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:

- 1.5 cups raw beets
- 1 sweet potato
- 1 yellow onion
- 3 servings of the side of fruit of your choice

Protein/Dairy:

- 1 egg

Optional add-ins:

- Avocado

- 1 jalapeño
- 2-3 fresh carrots
- Spinach
- Kale
- Burger buns – whole wheat

Staples/Pantry:

- ½ cup walnuts, raw, unsalted
- ½ cup cooked quinoa
- Paprika, cumin, garlic powder, salt, pepper

Beet Burgers

Ingredients

- 1.5 cups raw beets, finely grated (1 large beet)
- ½ cup walnuts, crushed
- 1 sweet potato
- 1 egg
- 1 cup cooked quinoa
- ¼ cup onion, finely diced
- 1 tsp. paprika
- 1 tsp. cumin
- ½ tsp. garlic powder
- Carrot slaw – sauté diced onion, jalapeño and shredded carrot in EVOO with salt and pepper

(Recipe makes 6-8 patties)

Directions:

1. Rinse sweet potato. Poke with a fork and cook in the microwave until tender, about 5 minutes. Set aside to cool. *If time, you

can roast the sweet potato for 45 minutes at 375F in the oven

2. Cook quinoa according to instructions (1/3 cup yields 1 cup cooked)
3. Rinse and peel beets. Finely shred with a grater. Place shredded beets into a large mixing bowl.
4. Crush walnuts until fine pieces. *I crush with a mallet in a sealed plastic baggie for easy clean up.
5. Peel the skin off the sweet potato and mash in a small bowl with a fork. Toss in the mixing bowl with the beets. Add quinoa, egg, onion, crushed walnuts, paprika, garlic, cumin to the beets. Stir well.
6. Form into patties and cook in a skillet, lightly coated with olive oil, over medium heat. Cook until brown on both sides 5-7 minutes each side.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Beet burger with carrot slaw, side of fruit	Beet burger over bed of spinach, topped with hummus	Beet burger topped with avocado & tomato, side of fruit	Beet burger served with kale chips	Beet burger with topping of choice and side of fruit