



# 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 Butternut Squash, medium
- Garlic
- 1 clove
- 1 Cup Shredded Gruyère Cheese
- 1 cup Grated Pecorino Romano Cheese
- ¼ Cup Finely Grated Parmigiano-Reggiano Cheese, divided

### Optional add-ins:

- Broccoli
- Rotisserie chicken – shred chicken and mix into the leftovers!

### Protein/Dairy:

- Nonfat milk
- 0% Greek Yogurt (Fage)

### Staples/Pantry:

- 1 box gluten free noodles (I used quinoa based elbow noodles)
- Vegetable broth, reduced sodium
- Dijon mustard
- Olive oil
- Salt, pepper, parsley

## Butternut Squash Mac & Cheese

### Ingredients

- 3-4 Cups Butternut Squash, peeled and cubed into 1" squares (about 1 medium squash)
- 1 ¼ Cups Reduced Sodium Vegetable Broth
- 1 ½ Cups Non-fat Milk
- ¼ Cup Plain, 0% Greek Yogurt (I used Fage)
- 1 Garlic clove, peeled and minced
- 1 tsp. Dijon Mustard
- 1 Cup Shredded Gruyère Cheese
- 1 cup Grated Pecorino Romano Cheese
- ¼ Cup Finely Grated Parmigiano-Reggiano Cheese, divided
- 1 box gluten-free noodles
- ½ tsp. Salt
- ½ tsp. Pepper
- 1 Tbsp. parsley

### Directions:

1. Preheat oven to 375°.
2. In a large saucepan, combine squash, vegetable broth, milk, and garlic. Bring to a boil over medium-high heat and

then reduce to a simmer. Cook about 20-25 minutes, or until squash is tender when pierced with a fork. Remove from heat.

3. While the squash is simmering, cook the pasta according to package directions (omitting the added salt and fat). Drain.

4. Place the hot squash mixture in a blender. Add Greek yogurt, mustard, salt and pepper. Blend until smooth. Pour blended mixture into a large bowl; stir in Gruyère, Pecorino Romano, and ½ of the Parmigiano-Reggiano until melted.

Gently fold in pasta to squash and cheese mixture. Spread evenly into a 13 x 9-inch baking dish lightly coated with olive oil.

5. Bake at 375° for 20-25 minutes, or until bubbly. Remove from oven and turn oven to a low broil. Sprinkle the remaining Parmigiano-Reggiano cheese over macaroni. Return to the oven for an additional 3-5 minutes until cheese has browned and a few noodles are crisp.

6. Sprinkle with parsley and serve immediately and pack up the rest for this week's lunch. Enjoy!

## Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Mac & Cheese with steamed broccoli	Mac & Cheese with 4oz grilled chicken breast	Mac & Cheese and tomato basil soup	Mac & Cheese mixed with shredded chicken	Mac & Cheese mixed with shredded chicken, twice baked