



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.

Optional add-ins:

- Fruit
- Raw veggies: baby carrots, cucumber, tomatoes...
- Frozen veggies (plain, no sauce): broccoli, peppers...
- Hummus
- Honey Mustard Yogurt Sauce:
 - ¼ Cup fat-free plain Greek yogurt
 - 1 Tbsp. honey
 - 2 tsp. Dijon mustard

Protein/Dairy:

- 1 lb. Boneless Skinless Chicken (I opted for the pre-cut chicken tenders at the same price to save me a step!)
- 3-4 Eggs

Staples/Pantry:

- 2 Cups Cooked Quinoa
- Salt, Pepper, Italian Spice Blend
- Olive Oil

Quinoa Chicken Tenders

Ingredients

- 1 lb. boneless skinless chicken, cut into 3" pieces
- 2 cups cooked quinoa
- 3-4 eggs, whites only
- Salt, Pepper and Italian Spice Blend
- Olive Oil

Directions:

- Preheat oven to 425 degrees and lightly coat baking sheet with olive oil
- Cook quinoa according to instructions on package, yielding 2 cups.
- In small bowl, discard egg yolks and whisk together the whites.

- Place cooked quinoa in a second bowl. If you bought chicken breasts vs. tenders, first cut the chicken into 3" long strips. Season each side with salt and pepper.
- Dredge chicken strips into the eggs, then secondly the quinoa mixture. Coat well. Place on prepared baking sheet. Add a pinch of Italian Spice Blend seasoning to the tops of the chicken and lightly spray with an olive oil mist (to help with browning)
- Bake 20-25 minutes, until cooked thoroughly and golden brown.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken tenders with homemade honey mustard yogurt sauce, 1 serving of fruit and choice of greens	Chicken tenders, BBQ sauce and leftover greens from Monday	Chicken Tender Wrap: lettuce, tomato, hummus wrapped in a whole grain or Ezekiel tortilla. 1 serving of fruit	Chicken tenders, sweet & sour sauce, vegetable stir-fry (broccoli, mushrooms, pepper, onion)	Chicken tenders, hummus with carrots/tomato/cucumber, 1 serving of fruit