



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:

- Thinly sliced prosciutto
- Dried cranberries

Protein/Dairy:

- 1/4 cup Pecorino Romano cheese, finely grated

Produce:

- Kale, 1 large bunch
- 1 lb. Brussels sprouts

- 1 Lemon
- 1 Red onion
- 3 Cloves garlic

Staples/Pantry:

- 1/4 cup almonds, raw, unsalted
- EVOO
- Balsamic vinegar
- Salt
- Pepper
- Red pepper flakes

Kale and Brussels Sprout Salad

Ingredients

- 1 Large Bunch of Kale, washed and de-stemmed
- 1 lb. Brussels Sprouts
- Juice of 1 lemon
- 1/4 cup finely grated Pecorino Romano cheese
- 1/4 cup almonds, raw, unsalted, chopped
- 1/4 tsp. red pepper flakes
- 1/2 Red Onion, thinly sliced
- 3 cloves of garlic, minced
- 1/4 cup EVOO
- 1 Tbsp. Balsamic vinegar
- 1 tsp. pepper
- 1/2 tsp. salt
- Add-ons: 1/4 cup Prosciutto (discard the fat trimming), 2/3 cup dried cranberries

Directions:

1. Preheat oven to 350°. Add almonds to a baking sheet and place in oven to toast. Stir almonds after 5 minutes.

Toast roughly 3-4 minutes longer, or until the almonds are golden. Remove from oven and allow almonds to cool.

2. While almonds are toasting, toss together ingredients for the dressing by muddling together the minced garlic, sea salt and black pepper. (A mortar and pestle is best for this if you have on hand). Place the muddled garlic and spices into a mason jar filled with the olive oil, balsamic and sliced onion. Shake to combine and let marinate.

3. Gently roll the lemon to help create juices before cutting it in half. Pour the lemon juice over the kale and brussels sprouts, sprinkle on a little sea salt and massage for a few minutes.

4. Once the kale mixture is massaged, add red pepper flakes to the bowl. Pour the dressing over the salad mixture (1/2 at a time) and stir well. Add remaining dressing, to liking, as well as the cheese and stir again. Top with toasted almonds and any optional toppings.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Kale/Brussels salad with toasted almonds and dried cranberries	Kale/Brussels salad with prosciutto and a side of melon	Kale/Brussels salad with a protein smoothie via @asweatlif	Kale/Brussels salad served over a veggie burger or 4oz portion of chicken, side of fruit	Using pita bread as crust, make a mini pizza at home and make this salad the winning topping.