



# 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:

- Whole wheat pita
- 1 Avocado
- 1 Lime
- Tomato, cucumber, carrots (veggies of choice)
- Hummus, tahini sauce (or make your own!)

### Protein/Dairy:

- 1 egg

### Produce:

- 1 small red onion
- 3 cloves garlic
- 1 small bunch fresh parsley
- 1 small bunch fresh cilantro
- 1 small lemon

### Staples/Pantry:

- 2 (15oz) cans of chickpeas (aka garbanzo beans)
- EVOO
- Cumin, chili powder, salt, pepper

## Falafel Patties Recipe

### Ingredients

- 2 Cups chickpeas (approx. 1 ½ cans), rinsed and drained
- 3 Garlic cloves
- 1/3 Cup red onion, finely chopped
- 2 Tbsp. parsley, finely chopped
- 1 Tbsp. cilantro, finely chopped
- 1 large egg white
- 1 Tbsp. extra virgin olive oil
- 2 Tbsp. lemon juice (approx. ½ lemon squeezed)
- 1 tsp. Cumin
- 1 tsp. Chili powder
- ½ tsp. Black pepper
- 2 pinches salt
- Whole wheat pita bread
- Optional Avocado Cream:
  - 1 avocado
  - ¼ cup fresh cilantro, finely chopped (or what you have remaining)
  - ½ Tbsp. EVOO
  - Juice of ½ lime
  - Pinch of sea salt and black pepper

### Directions:

1. In a blender or a food processor - add chickpeas, onion, garlic, parsley and cilantro. Pulse for 30 seconds (or until mixture is slightly coarse and well combined).
2. Transfer to mixing bowl. Add all remaining ingredients. Stir until combined and forms a dough.
3. Form 4-5 medium sized patties.
4. In skillet, Heat 1-2 Tbsp. EVOO over medium to high heat. Add patties to pan; cook 3 minutes on each side or until patties are browned and crisp on the outside.
5. For storage throughout the week - wrap tightly in clear plastic wrap or store in Tupperware. Reheat in oven or toaster oven until heated through and crisp again.
6. Avocado cream: Blend all the ingredients in a blender or food processor until thick and creamy. Keep chilled until using.

## Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Falafel stuffed in pita with avocado cream and tomato	Make cucumbers, tomatoes and crumbled feta salad. Top with falafel and avocado cream	Falafel stuffed in pita with cucumbers, tomato and tahini sauce	Serve falafel over a bed of greens with dressing of choice	Make a veggie bowl of falafel, hummus, tomatoes, cucumbers and carrots