



# 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:

- 2-3 fresh carrots
- 1-2 stalks celery
- 1 red pepper
- 1 small onion, yellow
- 1 jalapeño
- Garlic

### Optional add-ins:

- Tortilla chips (corn)
- Corn bread
- Avocado
- Asparagus

### Protein/Dairy:

- 1 rotisserie chicken

### Staples/Pantry:

- 2 cans great northern white beans
- Chicken stock, low sodium

## Slow Cooker White Bean Chicken Chili

### Ingredients

- 1 rotisserie chicken,
- 2 (15oz) cans great northern white beans
- 4 cups low sodium chicken stock (approx. 1 box)
- 1 red pepper, seeded and finely diced
- 1 cup onion, minced
- 1 cup fresh carrots, finely diced
- 1/2 cup celery, finely diced
- 3-4 (small) cloves fresh garlic, finely diced
- 1 small jalapeño, minced
- A few dashes salt and pepper

2. Pull meat from the rotisserie chicken while still warm, trying to discard all fat and skin. Shred the chicken into bite size pieces. Add chicken to slow cooker.
3. Pour two cups of chicken stock over soup base. Gently mix.
4. Rinse and drain white beans. Mash 1/2 of the white beans with potato masher to a blended consistency. Add beans (both mashed and whole) to the soup.
5. Pour remaining two cups of chicken broth. Gently stir all together and season with salt and pepper
6. Cook on low for 4-5 hours with the lid OFF. Or cook on high for 3-4 hours with lid off.
7. Top with tortilla chips

### Directions:

1. Lightly coat slow cooker with olive oil  
Dice pepper, onion, carrots, celery, garlic and jalapeño. Add to slow cooker.

## Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Chili with tortilla strips and 1/2 (small) avocado	Chili with gluten-free cornbread	Chili with side of roasted asparagus	Chili with gluten-free cornbread	Chili over a piece of toasted bread and tomato (the soup gets thicker each day!)