



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.

Protein/Dairy:

- 1 pound 90% lean ground beef
- 1 pound lean turkey breast

Produce:

- 1 small yellow onion
- 1 red pepper
- 1 jalapeño
- 2 cloves garlic

Staples/Pantry:

- 1 can (15oz) tomato sauce, no salt added

- Tomato paste
- Red wine vinegar
- Worcestershire sauce
- Chili powder
- BBQ sauce, optional
- Cholula hot sauce, optional
- Salt and pepper

Optional add-ins:

- Arugula salad – lemon & EVOO dressing
- 1 can of red or pinto beans

Healthy Sloppy Joes

Ingredients

- 1 pound 90% lean ground beef
- 1 pound lean ground turkey breast
- 1 small yellow onion, finely diced
- 1 red pepper, finely diced
- 1 jalapeño, minced
- 2 cloves garlic, minced
- 1 can (15 oz.) tomato sauce, no salt added
- 2 Tbsp. Tomato paste
- 1 Tbsp. Red wine vinegar
- 2 Tbsp. Worcestershire sauce
- 1 tsp. Chili powder
- ½ tsp. salt, to taste
- ½ tsp. fresh ground black pepper, to taste

- 2 Tbsp. BBQ sauce, optional (Lillie's Q Smoky BBQ Sauce)
- 2 tsp. Cholula hot sauce, optional

Directions:

- 1.** Brown the beef, turkey and onion in large (nonstick) skillet over medium-high heat for 5 minutes, breaking up the meat as it is cooking. Season with salt and pepper and add garlic. Pour the fat drippings out of the pan and discard.
- 2.** Transfer the meet mixture to slow cooker and add the rest of the ingredients. Combine well.
- 3.** Turn on heat to low for 2-3 hours and then warm until served.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Sloppy Joe in a whole-wheat bun, side of arugula salad (or served on top)	Sloppy Joe over bed of wilted spinach, side of fruit	Sloppy Joe served over a bed of quinoa (chili style)	Open faced, toasted Sloppy Joe sandwich with slice of tomato, avocado and melted cheese	Add red or pinto beans to sloppy Joe mixture. Serve over brown rice (½ cup serving). Top w/ avocado.