



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:

4 boneless, skinless chicken breasts (about 2 lbs.)

Staples/Pantry:

Low sodium chicken broth

Spices: cumin, chili powder, paprika, garlic powder, onion powder, salt, pepper

Optional add-ins:

Baked Chicken Chimichangas

Whole wheat tortillas

Guacamole – avocado, tomato, lime

Mexican style cheese

Refried black beans

Slow Cooked Mexican Pulled Chicken

Ingredients

- 4 boneless, skinless chicken breasts (roughly 2 lbs.)
- ½ cup water, ½ cup low sodium chicken broth (barely coating chicken)
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. cayenne pepper
- ½ tsp. salt
- ½ tsp. pepper

Directions:

1. Add chicken to your Crockpot and cover with water and chicken broth (barely coating the chicken). Evenly

mix in all of the spices. Cover and cook on high for 3-4 hours or low 5-6 hours.

2. Remove chicken from Crockpot and place in a large bowl. Shred chicken using two forks. Use right away and/or store portions in individual sealed containers to refrigerate for week of lunches.

3. Baked Chicken Chimichangas:

Preheat oven to 425.

Lay tortillas on a flat surface. Spread refried beans in the middle of each tortilla. Spread guacamole on top of the beans. Add shredded chicken, then shredded cheese. Roll into a burrito.

Place burritos on greased baking sheet. Brush tops with olive oil and bake for 15-20 minutes until the tortillas are browned and crispy. Serve warm!

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Chicken Chimichangas	Shredded Chicken Taco Salad ("deconstructed tacos")	BBQ Shredded Chicken with sautéed veggies	Mayo Free Chicken Salad (try lunch bunch 10-15-14)	Chicken Salad Salad (serve chicken over a bed of greens)