



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:

- 1 Large bunch kale, organic
- 1 White onion
- 1 Lemon
- Garlic

Staples/Pantry:

- Extra virgin olive oil
- Dijon mustard
- Crushed red pepper flakes
- Salt and pepper

Protein/Dairy:

- Parmesan cheese

Optional add-ins:

- Zucchini
- Cherry tomatoes
- Pine nuts for garish
- Rotisserie chicken (or shredded via crockpot)
- Filet of salmon

Kale Pesto

Ingredients

- 1 large bunch organic kale, stems removed, torn into 1-2" pieces
- 1/2 white onion, diced
- 4-5 cloves garlic, chopped
- 1 Tbsp. Dijon mustard
- 1 tsp. red pepper flakes
- 1/2 Cup freshly grated parmesan cheese (omit cheese if vegan)
- Juice of 1/4 lemon
- 1/4 Cup extra virgin olive oil (EVOO)
- Salt and pepper
- 1/4 Cup pine nuts - garnish

Directions:

- In large skillet over medium heat, add 2 Tbsp. EVOO. Sauté onion, garlic, crushed red pepper flakes, and a tsp. each of salt and pepper. Cook for about 3 minutes, until fragrant. Add the kale and Dijon mustard. Cover, let steam and cook for about 5 minutes, or until the kale is soft.
- In a food processor or blender, pulse together the kale mixture, parmesan cheese and lemon juice just a few times. Mix by hand to even out the sauce and add 1/4 cup EVOO. Blend until almost smooth and an even consistency. Taste and adjust salt and pepper as necessary.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Kale Pesto over zucchini noodles (using a spiralizer). Add protein of choice.	Zucchini boats (filled with cherry tomatoes, quinoa & kale pesto)	Kale Pesto over pasta (option: gluten-free noodles) – add protein of choice	Avocado & Kale Pesto Chicken Salad	Baked Salmon with Kale Pesto