



# 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 acorn squash
- 1 red pepper
- Fresh cilantro
- Fresh tomato salsa

### Staples/Pantry:

- 1 can black beans

- 1 can red kidney beans
- Salt and pepper
- EVOO

### Optional add-ins:

- Shredded cheese
- Avocado
- Corn tortillas
- Mixed greens

## Mexican Stuffed Acorn Squash

### Ingredients

- 1.5 lbs. boneless, skinless chicken breasts
- Recipe link for shredded chicken: <http://asweatlife.com/2015/02/lunch-bunch-slow-cooked-mexican-pulled-chicken-recipe/>
- Ingredients: low sodium chicken broth, cumin, chili powder, paprika, garlic powder, onion powder, salt, pepper
- 1 acorn squash
- 1 cup black beans, rinse and drained
- 1 cup red kidney beans, rinsed and drained
- 1 red pepper, finely diced
- 1 cup fresh salsa
- 3 T. fresh cilantro
- Salt and pepper
- If vegetarian, substitute chicken with tofu or seitan

### Directions:

1. Cook chicken via crockpot and shred. If you do not have a crockpot, you can poach the chicken by simmering in a large pot
2. Preheat oven to 425°F
3. Cut squash in half and scoop out the seeds. Lightly rub the insides with olive oil.
4. Place squash face down on baking sheet. Bake for about 25-30 minutes, or until the inside edges are browned.
5. While the squash is baking, add the shredded chicken to a large mixing bowl. Stir in chopped pepper, beans and salsa (1/2 cup at a time). Season with salt and pepper, and toss in fresh cilantro.
6. Once tossed together, divide the mixture between the two squash shells. Scoop out some of the squash to make a bigger "bowl". Save leftover chicken mixture in Tupperware for later meals.

## Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Mexican stuffed acorn squash	Mexican stuffed acorn squash	Tacos with shredded chicken salad and sliced avocado	Stack in mason jar: shredded chicken salad on bottom topped with fresh tomatoes, avocado and greens	Stack in mason jar: shredded chicken salad on bottom topped with fresh tomatoes, avocado and greens