



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 orange or yellow bell pepper
- 3 green onions (small bunch)
- 2 stalks celery
- Red grapes
- 1 lemon

- Dijon mustard
- Dried dill
- Salt and pepper
- Dill pickles
- Vegan mayonnaise (Earth Balance)

Staples/Pantry:

- 2 cans chickpeas
- 1 clove garlic

Optional add-ins:

- Romaine lettuce (lettuce cups)
- Whole grain or gluten-free bread

Healthy Chickpea "Chicken" Salad

Ingredients

- 1 1/2 (15oz) cans chickpeas, drained and rinsed
- 2 stalks of celery, finely chopped
- 1/2 cup orange bell pepper, finely chopped
- 1/2 cup dill pickle, finely chopped
- 3 green onions, finely chopped
- 1/2 cup chopped grapes
- 2 1/2 Tbsp. vegan mayonnaise
- 1 small clove garlic, minced
- 2 tsp. Dijon mustard
- 1/2 tsp. dried dill

- 1 Tbsp. fresh squeezed lemon juice
- Sea salt and fresh black pepper, to taste

Directions:

1. In a large bowl, mash the chickpeas with a potato masher until flaky in texture.
2. Stir in celery, bell pepper, pickle, onion, grapes, mayonnaise, garlic, and dill. Stir until combined.
3. Next, stir in the mustard, lemon juice, salt, and pepper. Stir again until combined.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Toasted chickpea "chicken" salad sandwich on gluten-free bread	Chickpea "chicken" salad rolled into lettuce wraps	Chickpea "chicken" salad over massaged kale with fresh squeezed lemon	Chickpea "chicken" salad tacos – corn tortillas stuffed with lettuce, chickpea salad and sliced tomato	Open-faced grilled Chickpea "chicken" sandwich with melted Swiss cheese