



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 white onion
3 medium carrots
Garlic

Ground coriander
1 bay leaf
Salt and pepper
EVOO

Staples/Pantry:

Red lentils
Vegetable broth, low sodium
Tomato paste
2 (14oz) petite diced tomatoes, no salt added
Ground cumin

Optional add-ins:

Rotisserie chicken
Greek yogurt, plain
Avocado
Corn tortilla chips
Goat cheese
Gluten-free or crusty bread

Tomato and Lentils Soup Recipes

Ingredients

½ large white onion, finely chopped
3 medium carrots, finely chopped
2 garlic cloves, minced
1-2 Tbsp. extra virgin olive oil
1 cup red lentils
3 cups vegetable broth, low sodium
2 (14 oz.) can petite diced tomatoes, no salt added
2 Tbsp. tomato paste
1 ½ tsp. ground cumin
1 ½ tsp. ground coriander
1 bay leaf
Salt and pepper, to taste

Directions:

1. Heat extra virgin olive oil in large pan over medium high. Add chopped onion, garlic, and carrots. Stir until softened and onion translucent, about 3-5 minutes. Season with salt and pepper.
2. Stir in cumin, coriander and tomato paste. After a minute or so, mix in diced tomatoes and the bay leaf. Leave on heat until brought back to a simmer.
3. Rinse 1 cup red lentils. In your Crock-pot, add the vegetable broth and lentils. Pour tomato mixture into Crock-pot. Let cook on high for about 3 hours or low for 5-6 hours, stirring occasionally. Adjust pepper and spices to taste.
4. Remove bay leaf and serve hot

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & Lentils Soup topped with a dollop of Greek yogurt	Tomato & Lentils Soup topped with ¼ fresh avocado (sliced) and corn tortilla chips	Tomato & Lentils Soup with ½ grilled cheese (*goat cheese is a lower calorie cheese & good if sensitive to lactose)	Tomato & Lentils Soup reheated with rotisserie chicken mixed in	Tomato & Lentils Soup with rotisserie chicken and crunchy bread to dip (gluten-free optional)