



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 of kale
- Green onion (4 sprigs)
- 4 Mandarin Oranges (bunch of Cuties)
- 1 Navel Orange
- 1 Lemon

Staples/Pantry:

- Almonds, raw, unsalted
- Rice noodles (found in Asian aisle, gluten-free Chow Mein)
- Noodles, packaged in a clear bag
- EVOO
- Course salt and fresh ground pepper

Asian Infused Kale Salad

Ingredients

- 1 Large Bunch of Kale, washed and de-stemmed
 - 4-5 Mandarin Oranges, peeled
 - 1 Navel Orange
 - 1 cup Rice noodles
 - ½ Cup Almonds, raw, unsalted, chopped
 - 4 Green Onions, chopped
 - Juice of 1 lemon
 - Sea salt and fresh ground pepper
- Dressing:
- ¼ cup extra-virgin olive oil
 - 2 T. fresh lemon juice
 - 2 T. fresh orange juice
 - ½ tsp. coarse salt
 - ½ tsp. pepper

Directions:

1. Heat oven to 350° F. Toast almonds on a baking sheet until they start to smell nutty and are golden, tossing once, about 5-7 minutes. Let cool.
2. While almonds are toasting, mix together ingredients for the dressing. Squeeze a fresh orange and lemon for both juices. Pour into a mason jar, whisk to combine..
3. Wash and dry all produce. Tear the kale into 1-2" bite size pieces, discarding the stems and place in a large bowl.
4. Gently roll the lemon to help create juices before cutting it in half. Pour ¼ of a lemon over the kale, sprinkle on a little sea salt and pepper. Massage.
5. Once the kale mixture is massaged, add chopped green onion, toasted almonds and mandarin oranges. Pour the dressing over the salad mixture (1/2 at a time) and stir well. Add remaining dressing to liking. Top with any optional toppings or parmesan cheese.

Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Layer kale salad into mason jar, pair with protein fruit smoothie (Meatless Monday)	Layer kale salad into mason jar, top with protein of choice	TLayer kale salad into mason jar, top with protein of choice	Kale salad stuffed in a whole-wheat pita with sliced avocado	Have leftovers from dinner? Kale salad with tilapia or a white fish pairs perfectly for a light meal