

GROCERY LIST - THAI THAI LUNCHBOX

(RECIPES AND INSPIRATION BY MANANYA KOMOROWSKI)

PRODUCE

- 1 bunch cilantro
- 1 shallot section
- Fresh ginger root, ~3 inch piece
- 1 avocado
- 4-5 limes
- 1 bag of shredded carrots (~8-10 oz)
- 1 bag or pkg of romaine hearts or lettuce leaves of choice
- 1 pint grape tomatoes or 1-2 whole tomatoes
- 1 cucumber
- 1 red onion

PANTRY, CONDIMENTS & SEASONINGS

- 1 cup dry quinoa
- Fish sauce* (3 Tbsp)
- Smooth peanut butter (3 Tbsp)
- Coconut oil and/or Grapeseed oil (6 Tbsp)
- Apple cider vinegar (4 Tbsp) (or substitute white vinegar)
- Soy sauce (1 Tbsp)
- Thai sweet chili sauce** (2 Tbsp)
- Cayenne pepper (~1/2-1 tsp)
- Salt (preferably Kosher salt)
- Optional: 3 Tbsp rolled oats or oat flour (only if using tofu option)

DAIRY & PROTEIN

- 1 lb ground chicken (or substitute 1 lb extra-firm tofu)
- Optional: 2 eggs or 5 Tbsp of egg whites or 2 "flax eggs" (only if using tofu option, see recipe)

WHAT TO PREP ON SUNDAY

- Prepare Thai-Lime Chicken Patties.
- Prepare quinoa for the week: Place 1 cup of dry quinoa with 2 cups of water in a medium saucepan. Bring to a boil. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, about 15 to 20 minutes. Fluff with a fork. Cool and store in a sealed container in the fridge. This should produce about 3 cups of cooked quinoa.
- Prepare Thai-Lime Avocado "Mayo".
- Prepare Peanut-Chili Dressing.
- Prepare vegetables & herbs: *Tip: most vegetables are freshest when stored uncut and taste best when chopped right before eating. If you are short on time, follow directions below.
 - Cucumbers: Wash, peel, and dice cucumber, or cut into slices if preferred. Place in a resealable plastic bag and press all the air out before sealing. Store in the fridge.
 - Red onion: Cut onion in thin slices. Store in a sealed plastic bag in fridge.
 - Tomatoes: These are freshest when chopped right before eating. If you are short on time, use grape tomatoes. You can also wash and chop tomatoes during your Sunday prep and store in sealed container in the fridge.
 - Cilantro: Wash cilantro leaves that are leftover from the bunch that were not used in recipes. Dry and chop into small pieces for easy sprinkling. Store in a sealed plastic bag in the fridge.
 - Lettuce: Wash and dry lettuce leaves. Put a few whole lettuce leaves aside to use for wraps. Chop the remaining leaves to use for a salad. Store in a sealed plastic bag in the fridge.

Notes on ingredients:

*If you are unable to find fish sauce, you can substitute salt- see recipe below.

**If you don't want to use Thai sweet chili sauce, you can use honey, red pepper flakes, and garlic- see recipe below.

RECIPES TO PREP

THAI CHICKEN PATTIES

INGREDIENTS

- 1 lb ground chicken (or substitute 1 lb extra-firm tofu, loosely crumbled)
- 2 Tbsp cilantro, chopped
- 1 shallot section, minced
- 3 tbsp fish sauce*
- 2 tbsp fresh ginger, grated
- Kosher salt, to taste
- 2 Tbsp coconut oil (or sub grapeseed oil)

STEPS

1. In a medium bowl, combine ground chicken (or tofu) with fish sauce, grated ginger, minced shallot, chopped cilantro, and salt. Make sure not to overmix, as this will cause the mixture to be "goopy" and affect the end product.
Note: If you are using tofu, add 3 Tbsp rolled oats (or oat flour) and 2 eggs (or 5 Tbsp egg whites or 2 "flax eggs") to the mixture to aid in binding the patties.
2. Form into either 5 large or 10 small patties (serving size will be 1 large or 2 small patties).
3. Heat a skillet on medium-high heat and add 1-2 Tbsp coconut oil.
4. Pan fry the patties, about 3-4 minutes on each side, until browned and cooked through to 165 degrees F.
5. Cool on a plate and store in sealed container in the fridge.

*If you are unable to find fish sauce, substitute ~ 1 Tbsp of salt.

How to make a "flax egg": For 1 egg substitute:

Mix 1 Tbsp flaxseed meal with 2.5 to 3 Tbsp water in a small dish. Set aside for 5 minutes to let thicken. Add to recipes in place of an egg.

THAI-LIME AVOCADO "MAYO"

ADAPTED FROM THE AUTOIMMUNE COOKBOOK BY AMARI THOMSEN, RD

INGREDIENTS

- 1 avocado
- 2 Tbsp apple cider vinegar
- 2 Tbsp grapeseed oil
- 2 ¼ tsp freshly squeezed lime juice
- ½ tsp lime zest
- 1 tsp soy sauce

- 1 tsp freshly grated ginger
- ⅛-¼ tsp cayenne pepper (adjust to spice preference)
- ½ tsp salt, to taste

STEPS

1. Cut the avocado in half and discard the pit. Scoop avocado flesh from skin and place in a food processor.
2. Add the rest of the ingredients to the food processor. Process for 30 seconds or until smooth.
3. Scoop into a sealed container and store in the fridge. To help make this sauce last longer, cover the mixture with plastic wrap and press down, and cover. This will help reduce oxidation of the avocado.

PEANUT-CHILI DRESSING

INGREDIENTS

- 3 Tbsp peanut butter (make sure it's creamy and room temperature for easy mixing)
- 2 Tbsp apple cider vinegar or white vinegar
- 2 Tbsp Thai sweet chili sauce*
- 2 Tbsp grapeseed oil or melted coconut oil
- 2-3 tsp soy sauce, to taste
- ½ inch piece ginger root, peeled and grated

- 1 tsp lime zest
- Juice from ½ lime
- ⅛-¼ tsp cayenne pepper, adjust to spice preference

STEPS

In a small bowl, whisk together all ingredients until smooth and combined. If the sauce is too thick, add more water, a teaspoon to a tablespoon at a time. The mixture should be a thinner consistency to resemble a vinaigrette. It may settle or thicken in the fridge so stir before use.

*Instead of Thai sweet chili sauce, you can also substitute 1 Tbsp honey, 1 tsp red pepper flakes, 1 clove garlic, 1 Tbsp water or vinegar.

DAILY MEALS

MONDAY

BOWL

1 c quinoa +
¼ c tomatoes +
¼ c cucumbers +
red onion to taste +
Thai patty +
dollop of avocado mayo +
cilantro +
squeeze of lime

TUESDAY

LETTUCE WRAPS

Lettuce leaf wrap +
⅓ or ½ of a Thai patty, crumbled +
red onion to taste +
1 oz cucumbers or shredded carrots +
dollop of avocado mayo +
cilantro +
squeeze of lime or drizzle of peanut dressing
x 2 or 3 for multiple wraps per meal

WEDNESDAY

BOWL

1 c quinoa +
½ c shredded carrots +
¼ c cucumber +
red onion to taste +
Thai patty +
1-2 Tbsp peanut dressing +
cilantro + squeeze of lime

THURSDAY

SALAD

2-3 c mixed greens +
Thai patty +
¼ c cucumbers +
¼ c tomatoes +
¼ c shredded carrots +
red onion to taste +
cilantro +
2 Tbsp peanut dressing

FRIDAY

REPEAT YOUR FAVORITE
COMBINATION

NOTES:

LIKES/DISLIKES:

Meals in this guide are meant for one person. This is a general guide prepared by a Registered Dietitian. Your unique lifestyle and body may require that you adjust the quantities of ingredients to fit your personal needs.

PLAN BY CATHERINE BORKOWSKI, RD, LDN

Catherine Borkowski, RD, LDN is a Chicago-based Registered Dietitian, yoga lover and nutrition nerd. As a self-proclaimed "flexitarian," Catherine's nutrition philosophy promotes living a plant-based powered life, practicing moderation, not deprivation and cultivating a healthy relationship with food. Catherine has focused much of her career working in the field of behavior change, helping others develop healthy, sustainable lifestyle changes. She directs a team of health coaches at EngagementHealth, a corporate wellness company in the West Loop. Outside of her passion for yoga, Catherine loves to tone with Pilates and dance it up in cardio hip hop.