

GROCERY LIST - DIY BENTO BOX

PRODUCE

- 5 portobello mushrooms
- 3 c (~2 pints) grape or cherry tomatoes
- 1 bag whole carrots or baby carrots
- 1 bunch celery
- 1 cucumber
- 1 bag (~8 oz) snap peas
- 2 apples
- 1 bunch grapes
- 2 oranges
- 2 avocados
- 1 lemon (or 1-2 Tbsp lemon juice)
- 2 garlic cloves

DAIRY & PROTEIN

- 3 eggs
- 5-6 oz shredded mozzarella cheese
- 1 lb ground chicken or turkey (optional)

OPTIONS

- spinach
- onion
- zucchini
- bell peppers
- sun-dried tomatoes

PANTRY, CONDIMENTS & SEASONINGS

- 1 jar of pesto sauce (at least 5-6 oz)
- 1 container of hummus (at least 5 oz)
- 1-1.5 tsp Italian seasoning or basil (fresh or dried)
- ½ tsp onion powder
- 1.5 c rolled oats (or oat flour)
- ½ c almond flour or almond meal (or make your own by grinding almonds in a food processor or coffee bean grinder)
- 2 Tbsp coconut oil
- 2 Tbsp smooth peanut butter, almond butter, or sunflower seed butter
- ¼ c pure maple syrup or other liquid sweetener
- 1 tsp pure vanilla extract
- 2 Tbsp mini dark chocolate chips
- salt & pepper
- olive oil

WHAT TO PREP ON SUNDAY

- Prepare Personal Portobello Pesto Pizzas. Prepare the optional Chicken or Turkey Sausage Topping for the pizzas, if desired.
- Hard boil 3 eggs. Follow method on Tips (page 4), if desired. Mix & Match lunches call for 3 eggs this week, but feel free to hard boil a few extra eggs to add in.
- Prepare Peanut Butter Cookie Dough Bites.
- Prepare some ready-to-go raw veggies. Wash and slice carrots and celery into sticks and cut cucumber into slices. Wash snap peas. Add all your raw veggies into a sealed container to store in the fridge for quick and easy access.
- Prepare some ready-to-go fruit. Cut apples into slices and toss in a 1-2 Tbsp lemon juice to keep fresh. Wash grapes and cut into small bunches. Slice oranges into wedges. Store in separate plastic bags or sealed containers in the fridge. Feel free to mix up the fruit, just keep in mind that some fruit, such as berries, should only be washed just prior to eating, otherwise they get soggy.
- Cut 1.5 cups of grape tomatoes in half in preparation for the Avocado & Tomato Salad (see description on Tips, page 4).
- Set aside 1-2 Tbsp of some extra pesto to mix into the hummus for an optional flavor during the week.

RECIPES TO PREP

PERSONAL PORTOBELLO PESTO PIZZAS

ADAPTED FROM COOK SMARTS

INGREDIENTS

- 5 Portobello mushrooms
- 1 jar of pesto sauce (or substitute a low-sodium pizza sauce)
- 5-6 oz shredded mozzarella cheese
- ½ pint grape or cherry tomatoes
- Spinach, onions (optional)
- Italian seasoning or basil
- See option to add meat below.

STEPS

1. Preheat oven to 400 degrees.
2. Remove the stems from the portobello mushrooms by twisting the stem until it comes off. Using a small

spoon, scrape out and discard the black gills (the dark ridge-like stuff). Brush portobello mushrooms with olive oil (both sides).

3. Place portobellos cap side down (or stem-side up, even though the stems are gone) on a non-stick sheet pan.

4. Place a spoonful of pesto (or pizza) sauce inside the cap, and add in meat topping if desired (see recipe below).

5. Top with sliced tomatoes, onions, or spinach* and then sprinkle on about 1 oz of cheese per pizza. Add a sprinkling of seasoning on top.

6. Bake in the oven for 15 to 18 minutes, until cheese is bubbly.

*Mix up your favorite veggie pizza toppings to add some variety to each weekday lunch!

CHICKEN OR TURKEY SAUSAGE TOPPING

INGREDIENTS

- 1 lb ground chicken or turkey
- 2 cloves garlic, minced
- 1-1.5 tsp Italian seasoning
- ½ tsp onion powder
- Salt & pepper to taste
- 1 Tbsp olive oil

STEPS

1. Heat a large nonstick skillet over medium to medium-high heat and add the olive oil.
2. Add the minced garlic, and saute in the oil for about 1 minute.
3. Add the ground chicken or turkey to the pan, breaking up the meat into crumbles, and lightly brown for 3 to 4 minutes.
4. Add the seasonings to taste (feel free to add additional favorite seasonings) and cook for a few minutes more, until meat is no longer pink and flavors are combined.
5. Set mixture aside to later top your mushroom pizzas with before baking them.

PEANUT BUTTER COOKIE DOUGH BITES

FROM OH SHE GLOWS COOKBOOK

INGREDIENTS

- 1.5 c rolled oats (or oat flour)
- 2 Tbsp coconut oil
- 2 Tbsp smooth peanut butter, almond butter, or sunflower seed butter
- ¼ c pure maple syrup or other liquid sweetener
- 1 tsp pure vanilla extract
- ½ c almond flour or almond meal (or make your own by grinding almonds in a food processor or coffee bean grinder)
- ¼ tsp fine-grain sea salt
- 2 Tbsp mini dark chocolate chips

STEPS

1. In a high speed blender or food processor, blend the oats until a fine flour forms. Set aside.
2. In a large bowl, combine the oil, peanut butter, maple syrup, and vanilla and beat with a hand mixer until smooth.
3. Add the almond meal or flour, oat flour, and salt and beat again until combined. Fold in the chocolate chips.
4. Roll the dough into small balls (about 1 Tbsp of dough each). If chocolate chips fall to the bottom of the bowl, press them back into the dough when rolling. Place the finished bites on a plate lined with parchment paper.
5. Freeze the bites for 5-10 minutes, or until firm. Store the bites in a sealed plastic bag in the freezer.

DAILY MEALS

MONDAY

1 portobello pizza +
avocado & tomato salad* (see pg. 4)+
1 hard-boiled egg +
1 PB bite

TUESDAY

1 portobello pizza +
1 oz hummus & 1 c raw veggies +
1 c fruit +
1 PB bite

WEDNESDAY

1 portobello pizza +
avocado & tomato salad* (see pg. 4) +
1 hard-boiled egg +
1 PB bite

THURSDAY

1 portobello pizza +
1 oz hummus & 1 c raw veggies +
1 c fruit +
1 PB bite

FRIDAY

1 portobello pizza +
avocado & tomato salad* (see pg. 4) +
1 hard-boiled egg +
1 PB bite

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.

TIPS AND ADDITIONAL RECIPES

AVOCADO & TOMATO SALAD

RECIPE IS FOR 1 SERVING. THIS SALAD IS BEST WHEN MADE JUST PRIOR TO EATING.

1. Dice up $\frac{1}{2}$ an avocado*
2. Mix with $\frac{1}{2}$ cup of halved grape tomatoes.
3. Top with sea salt, cracked pepper, and a little drizzle of olive oil.
4. Optional: add in a little sprinkle of leftover shredded mozzarella cheese. It's best to make this side salad right before you eat in order to keep the avocado fresh. To make prep quicker, try packing the tomatoes, oil, and salt & pepper into the bento box earlier and then add the avocado right before eating.

*To keep the other half of the avocado fresh, wrap tightly in plastic wrap and store in sealed container, or sprinkle lemon juice on the exposed portion and wrap tightly

HARD BOILED EGGS METHOD

1. Place your eggs in a sauce pan.
2. Put enough cold water in the pan to cover the eggs plus about an inch.
3. Put eggs on the stove and bring to a rolling boil. Maintain the rolling boil for 1 minute.
4. Drop the burner down to low and maintain for 1 minute.
5. Cover the pan and turn the heat off. Set a timer for 8 minutes.
6. After 8 minutes, put your eggs in an ice or cold water bath until chilled. Drain and dry off, and store in the fridge.

TIPS

1. Want to mix up the pizzas for the week? Try topping them with different veggies, or dice up the cooked pizzas and toss them on top of a salad with a balsamic vinaigrette.
2. Feel free to mix & match the bento box pairings each day: avocado tomato salad, hummus and veggies, hard-boiled eggs, and fruit. Or add in some extras such as olives, nuts, and dried fruit.
3. Swirl in some leftover pesto into a serving of hummus to add a different flavor.