



LUNCH PLANS

Menu

Monday – Bean and Cheese Burrito, Edamame Beans, Pears, Simple Trail Mix

Tuesday – Chicken Pasta Salad, Green Beans, Red Bell Peppers, Grapes

Wednesday – Polenta Squares, Tomatoes, Sausage Bites, Pears

Thursday – Grilled Chicken Slices, Black Beans, Polenta Sticks, Grapes

Friday – Quesadilla, Green Beans, Simple Trail Mix

SIMPLE LUNCH ALTERNATES:

A) Chicken Cubes, Edamame Beans, Cherry Tomatoes, Black Beans

B) Sliced Turkey Italian Sausage, Cheese Quesadilla, Red Pepper Sticks

Week One Prep

Grill Chicken

Split two boneless, skinless chicken breasts in half lengthwise to create 4 thick pieces. Season chicken pieces with 1/4 teaspoon each, kosher salt, black pepper and cumin. Heat 1 Tablespoon olive oil in a medium skillet over high heat. Sear chicken in the pan for 4-5 minutes each side. Remove from heat and allow to cool. Store in an airtight container until ready to use.

Vegetarian Option: Slice tofu block into 4 equal pieces. Season with 1/4 teaspoon each, kosher salt, black pepper and cumin. Heat 1 Tablespoon olive oil in a medium skillet over high heat. Sear tofu in the pan for 2-3 minutes each side. Remove from heat and allow to cool. Store in an airtight container until ready to use.

Trail Mix

Divide nuts and raisins evenly into 4 small snack containers. Shake to mix. Set aside for lunch snack.

Blanch Green Beans

Boil 3 cups of water in a medium stock pot. Add trimmed green beans into the boiling water for no more than one minute. Lift out beans and run under cold water immediately. Dry beans completely with a paper towel. Divide into 4 snack containers until ready to use. Add a small piece of paper towel inside container to absorb any extra liquid. Store for up to three days.

Cook Polenta

Boil 2-1/2 cups water. Add ¼ teaspoon salt. Slowly stir in polenta. Reduce to simmer and cook, stirring frequently to reduce clumping. Pour polenta into a lightly oiled loaf pan or square baking dish. Allow to



cool before cutting into 4-6 squares and 4-6 sticks. Store polenta in an airtight container until ready for lunch.