



## 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.