

THE FRESH 180

# 8 EASY LUNCHES

*Nutrition*





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# COBB SALAD WITH A TWIST

*A twist on an all time favorite*

## **Cobb Salad with a Twist**

### Dressing

- ½ tablespoon olive oil
- 1 tablespoon red wine vinegar
- ½ teaspoon Dijon mustard
- 1 small garlic clove
- Pinch of sea salt
- ¼ teaspoon ground black pepper
- ½ lemon, zested and juiced

### Salad

- 4-5 sliced cherry tomatoes
- 1 diced cucumber
- ½ avocado, roughly chopped
- 2 ounces of cooked chicken breast, diced
- 1 cup chopped Romaine lettuce
- 2 ounces shredded cheese, optional

Place all salad dressing ingredients at the bottom of the jar, cover with lid and shake. Next add tomatoes and remaining ingredients. Ending with lettuce, close lid and refrigerate until use. Cobb salad may be made up to 4-5 days in advance. When ready to eat, shake then pour into a dish.

364kcal, 13g pro, 28.8g carbs, 25.3 fat, 4.4g sat, 523mg sodium, 9.5g fiber, 26mg cholesterol, 12g fat, 1.5g sat, 4.9g sugar, 8.5% calcium, 12.2% iron

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# SALMON NIÇOISE SALAD

*Classic French meets mason jar*

## Salmon Niçoise Salad

### Dressing

2 tablespoons white wine vinegar

1/2 tablespoon olive oil

1/2 teaspoon Dijon mustard

1/4 teaspoon black pepper

### Salad

#### Marinade

1 lemon, juiced

1 tablespoon olive oil

1 teaspoon Dijon mustard

1 garlic clove

1/4 teaspoon sea salt

1/4 teaspoon black pepper

2-3 ounces skin-on wild caught salmon

1 small tomato, diced

1/2 can low sodium garbanzo beans, drained

1/2 shallot, finely chopped

1 cup baby arugula or baby spinach

Heat oven to 500F. In a bowl, whisk together marinade ingredients. Place salmon on non-stick sheet pan lined with foil. Drizzle with marinade over salmon and allow it to sit for 15-20 minutes. Cook salmon until tender, about 15-18 minutes.

Once salmon has cooled, place dressing ingredients in Mason jar followed by remaining ingredients and salmon. This entrée may be prepared 2-3 days in advance. When ready to eat, shake gently and pour onto a plate.

320kcal, 14.1g pro, 17.1g carbs, 611mg sodium, 6.6g fiber, 31.2mg cholesterol, 24.5g fat, 3.4g sat, 5.6g sugar, 12.2% calcium, 10.9% iron

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# TACO SALAD

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*Fiesta in a jar*

## Taco Salad

½ tablespoon grapeseed oil  
1 tablespoon red onion diced  
1 garlic clove, minced  
3 ounces ground turkey, lean  
½ teaspoon black pepper  
1 teaspoon paprika  
½ teaspoon red chili powder  
½ teaspoon ground cumin  
Pinch of cayenne, optional  
¼ can low sodium black beans, drained  
1 lime, juiced  
1 teaspoon olive oil  
2 tablespoons fresh salsa (mild, medium or hot optional)  
½ avocado, diced  
Prepared turkey and beans  
1 cup chopped Romaine lettuce

In a medium skillet, over medium-high heat, add grapeseed oil, onions and garlic and sauté for 1-2 minutes or until soft. Add turkey, spices and black beans. Cook until turkey is no longer pink, about 5-6 minutes. Remove from heat and cool. Meanwhile, add all ingredients in a 1 quart mason jar. May be prepared 3-4 days in advance.

416kcal, 22.1g pro, 19.9g carbs, 376mg sodium, 10.6g fiber, 63mg cholesterol, 29.5g fat, 4.8g sat, 2.4g sugar, 7.3% calcium, 17.5% iron

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# THAI PEANUT NOODLE SALAD

*Chopsticks preferred*

## Thai Peanut Noodle Salad

### Dressing

- 1 tablespoon smooth or crunchy peanut butter
- 1 teaspoon tamari sauce
- 1 teaspoon rice vinegar
- 1 teaspoon sesame oil
- 1 teaspoon fresh ginger, minced
- 1 small garlic clove, minced

### Salad

- 2 ounces soba noodles or rice noodles, prepared according to package
- 1 small green onion, diced
- 3/4 cup edamame, shelled and cooked
- 1/2 carrot, thinly sliced
- 1/4 red or yellow bell pepper, thinly sliced
- 1-2 tablespoons cilantro, finely chopped

Combine dressing ingredients in Mason jar, using a fork mix together. Close lid and shake. Add all ingredients; May be prepared 2-3 days in advance. Shake and serve on a plate.

378kcal, 21.3g pro, 37.2g carbs, 499mg sodium, 10.5g fiber, 0 mg cholesterol, 18.9g fat, 2.7g sat, 8.8g sugar, 11.5% calcium, 21.5% iron

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# CHICKEN, BERRY AND SPINICH SALAD

*Clean eating*

## Chicken, Berry and Spinach Salad

### Dressing

1/2 tablespoon olive oil

1 teaspoon honey

Juice of lime

Pinch of salt and pepper

### Salad

2-3 ounces prepared chicken breast, diced or strips

½ cup quinoa, cooked (follow package instructions, allow to cool)

4-5 strawberries (rough chop) or ¼ cup blueberries

2 tablespoons silvered almonds or sunflower seeds

2 cups baby spinach

Combine dressing ingredients in Mason jar, using a fork mix together. Close lid and shake. Add all ingredients; May be prepared 2-3 days in advance. Shake and serve on a plate.

413kcal, 27.7g pro, 37.9g carbs, 136mg sodium, 8.4g fiber, 48mg cholesterol, 17.5g fat, 2.2g sat, 10.6g sugar, 17.9% calcium, 35.7% iron

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# TORTILLA SOUP

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*A family favorite*

## **Tortilla Soup**

1 corn tortilla  
1 ½ cups chicken broth  
¼ cup red salsa  
¼ cup corn (frozen or canned)  
¼ cup canned black beans, drained  
2 ounces prepared shredded chicken  
¼ avocado, diced  
2 tablespoons chopped cilantro  
Squeeze of lime  
Pinch of salt and pepper

Place tortilla in the toaster oven or oven at 400F for 4-5 minutes, or until crispy. Allow to cool and cut into strips. In a medium pot, over medium to high heat, bring broth and salsa to a boil. Add corn, beans, and chicken and cook for 4-5 minutes. Remove from heat and cool. Place all ingredients in Mason jar, top with avocado, cilantro, tortilla strips and sprinkle with lime juice and salt/pepper.

382kcal, 21.9g pro, 47.8g carbs, 845mg sodium, 10.2g fiber, 19mg cholesterol, 14.2g fat, 3g sat, 4.8g sugar, 8.6% calcium, 18.2% iron

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# ASIAN NOODLE SOUP

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*Slurping allowed*

## Asian Noodle Soup

- ½ tablespoon tamari sauce
- ½ lime, juiced
- ¼ cup vegetable broth, low sodium
- ¼ teaspoon powder ginger
- 2 ounces cooked chicken breast, diced
- 1 cup coleslaw mix (shredded cabbage, carrots)
- ¼ cup baby spinach
- 2 ounces brown rice noodle sticks (any size)
- 2 tablespoons cilantro, chopped (optional)

Place all ingredients in jar topping with noodle sticks and cilantro. When ready to eat, let jar come to room temperature to avoid jar from cracking, add 2 cups of boiling water to jar and let sit until noodles soften. Enjoy in the jar or in a bowl.

368kcal, 31.4g pro, 49.2g carbs, 717mg sodium, 2.1g fiber, 72.3mg cholesterol, 3.4g fat, 1g sat, 2.3g sugar, 5.2% calcium, 10.4% iron

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# ROASTED VEGETABLE SALAD

*Back to your roots*

## Roasted Vegetable Salad

- ¼ cup cauliflower, broken florets
- ¼ cup butternut squash cubed or diced (if frozen, let thaw overnight)
- 1 large carrot, rough chopped
- 1 tablespoon grapeseed or canola oil
- ¼ teaspoon sea salt and black pepper
- ¼ teaspoon any dry herb of preference (oregano, thyme or rosemary)
- ½ can garbanzo beans, rinsed and drained
- 1 tablespoon balsamic vinegar
- ½ tablespoon olive oil
- 1 tablespoon chopped almonds or sunflower seeds
- 1 cup green leafy salad (any preference)
- Pinch sea salt and black pepper

Preheat oven to 400F. Line a baking sheet with parchment paper and add cauliflower, squash and carrot. Mix with oil and sprinkle with salt, pepper and herbs. Roast for 10-15 minutes or until vegetables are soft and browned; remove from oven and cool. Add to Mason jar along with remaining ingredients.

386kcal, 9.3g pro, 31.8g carbs, 615mg sodium, 10.6g fiber, 0mg cholesterol, 26.4g fat, 2.5g sat, 8.6g sugar, 11.7% calcium, 14.6% iron