

PREP TIME: 35 minutes

For grilled chicken (Meal #2 and #4)

1. Cut two organic, boneless skinless chicken breasts in half lengthwise and season with ¼ teaspoon each of cumin, salt & pepper.
2. Heat 1 Tablespoon olive oil in a medium skillet over medium heat.
3. Add chicken (in two batches if necessary) and cook 4-5 minutes each side. Remove from heat and allow to cool.
4. Cut 2 pieces into ½" cubes for meal #2. Cut the other 2 pieces into thin strips for meal #4.
5. Store in an airtight container in the refrigerator until ready to use.

For green beans (Meal #2 and #5)

1. Bring 3 cups of water to a boil in a medium stock pot.
2. Add ½ pound of trimmed green beans to the boiling water and cook for no more than one minute. Lift beans out and run under cold water immediately. Dry beans completely with a paper towel.
3. Divide beans into 4 snack containers and refrigerate until ready to use. Add a small piece of paper towel inside container to absorb any extra liquid.
4. Store in refrigerator for up to three days.

For polenta (Meal #3 and #4)

1. Bring 2-1/2 cups water to a boil and add ¼ teaspoon salt.
2. Slowly stir in ¾ cup polenta. Reduce to simmer and cook for 15 minutes, stirring frequently to reduce clumping.
3. Pour cooked polenta into a lightly oiled loaf pan or square baking dish. Allow to cool before cutting into six 3" squares and 4-6 sticks.
4. Store polenta pieces in an airtight container in refrigerator until ready for lunch.

For trail mix (Meal #1 and #5)

1. Divide 2/3 cup almonds and 1/3 cup raisins evenly into 4 small snack containers. Shake to mix and set aside for lunch snack.

For pasta (Meal #2)

1. Cook pasta and store in airtight container.

MENU

MONDAY ①

BEAN N CHEESE BURRITO
Edamame beans, pears, trail mix

TUESDAY ②

CHICKEN PASTA SALAD
Green beans, red bell peppers, grapes

WEDNESDAY ③

POLENTA SQUARES & SAUSAGE BITES
Tomatoes & pears

THURSDAY ④

GRILLED CHICKEN STRIPS
Black beans, polenta sticks, grapes

FRIDAY ⑤

QUESADILLA
Green beans, trail mix



Lunch Week #1 Shopping List

(1) black bean burrito (2) chicken pasta salad (3) polenta squares & sausage (4) grilled chicken & polenta (5) quesadilla

	Meat /Seafood	Quantity	Notes
	organic chicken breast	1 pound	2 breasts
	turkey italian sausage links	2 medium	pre-cooked is fine

	Vegetables & Fruit	Quantity	Notes
	cherry tomatoes	1 cup	
	edamame beans	1 cup	ready to eat (check deli section)
	tomato	1 small	
	green beans	1/2 #	about 2 cups
	red bell pepper	1	
	pears	4	
	grapes	2 cups	
	raisins	1/3 cup	
	raw almonds	2/3 cup	

	Dairy	Quantity	Notes
	mozzarella cheese, shredded	1-1/2 cups	
	white cheddar cheese, shredded	1 cup	can also sub mozzarella

	Bakery/Misc	Quantity	Notes
	cornmeal (polenta)	3/4 cup dry	
	whole wheat tortillas	6	12"
	black beans	2-15 oz cans	reduced sodium

PANTRY STAPLES	Pantry Essentials	Quantity
	olive oil	4 Tablespoons
	kosher salt	1 teaspoon
	black pepper	1teaspoon
	ground cumin	1 teaspoon
	whole grain pasta	1 cup penne



BEAN N CHEESE BURRITOS

Edamame, pears, trail mix,

MADE AHEAD

- Trail mix * *See prep guide*

DIRECTIONS

For bean n cheese burritos

1. Warm tortillas in the microwave for ten seconds.
2. Spread $\frac{1}{2}$ cup of beans on middle of each tortilla.
3. Top with $\frac{1}{2}$ the shredded cheese.
4. Fold tortilla towards middle only $\frac{2}{3}$ of the way. Fold ends towards middle.
5. Fold remaining edge over all the other exposed edges so that only one seam is visible.
6. Press to seal. Wrap in foil wrap until ready to eat. Enjoy!

Serving size:

1 burrito with $\frac{1}{4}$ cup cold Edamame beans, $\frac{1}{4}$ cup trail mix and 1 pear.

INGREDIENTS

For bean n cheese burritos

- 2 whole wheat flour tortillas (12")
- 1 cup black beans, drained and mashed
- 1 cup shredded, part-skim mozzarella cheese
- 2 pears
- $\frac{1}{2}$ cup trail mix
- $\frac{1}{2}$ cup cold Edamame beans



CHICKEN PASTA SALAD

green beans, red bell peppers, grapes

PREP AHEAD

- Green beans **see prep guide*
- Grill chicken for cubed chicken ** see prep guide*
- Cook pasta and store

DIRECTIONS

For chicken pasta salad

1. Toss cooked pasta in olive oil and sprinkle with salt & pepper. Add cooked, cubed chicken, Edamame beans and fold in tomatoes.
2. Divide into two portions.
3. Can be served warm with chicken or at room temperature without chicken.

Serving size:

1-1/2 cups pasta salad with ½ cup of green beans, ½ red bell pepper, sliced, and ½ cup of grapes.

INGREDIENTS

For chicken pasta salad

2 cups cooked whole wheat penne pasta
(1 cup dry- cooked according to package instructions)

2 Tablespoons olive oil

½ teaspoon kosher salt

¼ teaspoon black pepper

1 cup cooked chicken (1 breast), cut into ½" cubes **see prep guide*

½ cup Edamame beans, ready to eat

1 small tomato, cut into small dice to yield ½ cup

1 cup green beans, made ahead ** see prep guide*

1 red bell pepper, cut into thin slices

1 cup grapes



POLENTA SQUARES & SAUSAGE BITES

tomatoes and pears

MADE AHEAD

- Polenta squares * see prep guide

DIRECTIONS

For polenta squares & sausage bites

1. Top polenta squares with tomato halves and sprinkle with mozzarella cheese and salt & pepper to taste.
2. If desired and time permitting, broil squares for 3-5 minutes before wrapping in foil for lunch.

Serving Size:

3 polenta squares with 1 sausage link, sliced and one pear.

INGREDIENTS

For polenta squares & sausage bites

6 - 3" polenta squares, made ahead
* see prep guide

1 cup cherry tomatoes cut in half

½ cup mozzarella, shredded

2 turkey Italian sausage links (pre-cooked variety), sliced

Kosher salt and black pepper to taste

2 fresh pears



GRILLED CHICKEN STRIPS

black beans, polenta, grapes

PREP AHEAD

- Grilled chicken strips * *see prep guide*
- Polenta sticks * *see prep guide*

DIRECTIONS

On lunch day

1. Arrange chicken strips and polenta sticks in the bottom of a small food container.
2. Pour black beans (including liquid) over polenta.
3. Season with a dash of salt and pepper.
Seal tightly to prevent spilling.

Serving Size ½ chicken breast with 2-3 polenta pieces with ½ cup beans and ½ cup grapes. You can also pack each item individually if desired.

INGREDIENTS

Grilled chicken strips, made ahead from 1 breast * *see prep guide*

1 – 15 ounce can organic black beans

4 -6 polenta sticks, made ahead * *see prep guide*

Dash of salt and pepper

1 cup grapes



QUESADILLA DAY!

green beans & trail mix

MADE AHEAD

- Green beans * *See prep guide*
- Trail mix * *See prep guide*

DIRECTIONS

For quesadilla

1. Prepare a simple quesadilla by lightly oiling skillet or grill pan and placing one tortilla down into pan.
2. Cover with $\frac{1}{2}$ cup cheese and top with another tortilla. Allow cheese to melt and flip tortilla to brown the other side. Cut into wedges. Repeat steps 1 and 2 to make a second quesadilla.

Serve each quesadilla with $\frac{1}{2}$ cup of green beans and a $\frac{1}{4}$ cup of trail mix.

INGREDIENTS

4 whole wheat tortillas

1 Tablespoon oil for pan

1 cup white cheddar cheese

1 cup green beans, made ahead * *see prep guide*

$\frac{1}{2}$ cup trail mix, made ahead * *see prep guide*