

## PREP AHEAD

- **Granola Bars**

2 cups quick oats  
½ cup water  
¾ cup honey  
½ cup whole wheat flour  
1 large egg  
¼ teaspoon salt

1. Preheat oven to 300 degrees F
2. Combine the water and the honey and then, mix with oats. Stir in the flour, egg and salt.
3. Press down mixture into a well greased 8x8 baking pan. Bake for 20 minutes or until edges start to golden. Let cool before cutting.

- **Hard boiled eggs**

4 large organic eggs  
Dash of salt  
1 teaspoon vinegar

1. Place eggs in a small pot and cover with cold water. Add a dash of salt and/or a teaspoon of vinegar to water to prevent cracking.
2. Bring water to bowl; remove eggs from heat. Let sit for 10 minutes in the hot water before rinsing and then peeling shells away.
3. Store whole eggs in an airtight container for up to three days.

- **Honey Balsamic Dip/Dressing**

1 Tablespoons balsamic vinegar  
¼ cup extra virgin olive oil  
2 Tablespoons raw honey  
1/8 teaspoon salt

1. Whisk together ingredients until smooth. Store dressing in an airtight container for up to two weeks.

- Stirfry Vegetables (see recipe sheet)

## MENU

### MONDAY ①

ENGLISH MUFFIN TEA SANDWICHES  
Hard boiled egg, strawberries

### TUESDAY ②

ROASTED TURKEY WRAPS  
Zucchini sticks, yogurt and granola

### WEDNESDAY ③

STIR-FRY VEGETABLES & TURKEY  
Granola bar

### THURSDAY ④

VEGETABLE SOUP  
English Muffin Toast, Nectarines

### FRIDAY ⑤

VEGETABLE STICKS  
Fruit kebabs & yogurt sauce, hard  
boiled egg



# Lunch 2 Shopping List

(1) English muffin tea sandwiches (2) turkey wraps (3) stir fry veg & turkey (4) thermos soup (5) fruit & veg kebobs

	Meat /Seafood	Quantity	Notes
	Roasted turkey breast	1/2 pound	deli

	Vegetables & Fruit	Quantity	Notes
	tomato	2 medium	
	cucumber	1 medium	
	strawberries	2 cups	
	sugar snap peas	2 cups	
	bibb lettuce	4 leaves	
	red bell pepper	2	
	zucchini	2 medium	
	carrots	3 medium	
	nectarines	4	
	Blueberries	1 pint	

	Dairy	Quantity	Notes
	Eggs	5	organic
	cream cheese	8 Tablespoons	(1/2 cup)
	non-fat greek yogurt	1 cup	

	Bakery/Misc	Quantity	Notes
	Quick cooking oats	2 cups	
	whole wheat english muffins	4	

PANTRY STAPLES	Pantry Essentials	Quantity
	olive oil	6 Tablespoons
	raw honey	3/4 cup + 2 T.
	balsamic vinegar	1 Tablespoon
	white wine vinegar	1 teaspoon
	vegetable or chicken broth	2 cups
	whole wheat flour	1/2 cup
	kosher salt	1 teaspoon



## ENGLISH MUFFIN TEA SANDWICHES

hard boiled egg, strawberries, & sugar snap peas

### DIRECTIONS

#### PREP AHEAD

- Hard boiled eggs

#### *For English muffin tea sandwiches*

1. Cut English muffin in half
2. Layer tomatoes on bread. Spread 1 Tablespoon cream cheese on each half. Top with a generous layer of cucumber slices and sprinkle with black pepper.
3. Place sandwich in container and pack with small ice pack or a snack bag filled with a little ice.
4. Serve with ½ cup strawberries, 1 hardboiled egg, ½ cup snap peas (if no snap peas are available, use ¼ cup frozen peas)

*Vegetarian/Vegan option: Omit egg and substitute cream cheese or non-dairy cheese slices*

### INGREDIENTS

#### *For English muffin tea sandwiches*

- 2 whole wheat English muffins
- 4 Tablespoons cream cheese, softened
- 1 medium tomato, thinly sliced
- ½ cucumber, peeled and thinly sliced
- Dash of black pepper
- 2 hard boiled eggs

#### *For strawberries*

- 1 cup strawberries cut in half

#### *For sugar snap peas*

- 1 cup sugars snap peas or ¼ cup organic frozen peas



# ROASTED TURKEY WRAPS

*Zucchini sticks and yogurt & granola*

## DIRECTIONS

### PREP AHEAD

- Granola bar
- Honey balsamic dip

### *For turkey wraps*

1. Spread ½ Tablespoon cream cheese on one side of each lettuce leaf.
2. Place 2-3 pieces of turkey over cream cheese. Arrange the red bell pepper strips in center of lettuce leaf.
3. Roll into a loose cylinder. If necessary, seal the edges with a pat of cream cheese.

### *For yogurt and granola*

1. In a small container with a lid, serve ½ cup yogurt with 1 Tablespoon of crumbled granola.

### *For zucchini sticks & balsamic dip*

1. Pack dip in a small small container with a tight fitting lid separate from the zucchini.

*Vegetarian Option: Pile up with vegetables instead of turkey!*

## INGREDIENTS

### *For turkey wraps*

4- Bib lettuce leafs WHOLE, washed and dried  
½ pound roasted turkey breast (\*ask deli for freshly roasted to limit preservatives)  
1/4 red bell pepper, cut into thin strips  
2 Tablespoons cream cheese

### *For yogurt and granola bar*

1 cup nonfat Greek yogurt

1 granola bar, crumbled \* See prep sheet for recipe

### *For zucchini sticks & honey balsamic dip*

1 medium green Italian zucchini, root ends trimmed and cut into matchsticks for dipping

4 Tablespoons honey balsamic dip \* see prep guide



## STIR-FRY VEGETABLES & TURKEY

*granola bar & nectarine slices*

### DIRECTIONS

#### PREP AHEAD

- Honey balsamic dressing
- Granola bars
- Stir-fry vegetables

*For stir-fry vegetables & turkey*

#### MAKE AHEAD

1. Add oil to a hot skillet over high heat. Add carrots and bell peppers, stirring frequently for the first two minutes to coat with oil and then continuing to cook for an additional 2 minutes. Add in zucchini. Stir to combine. Add peas. Sprinkle with salt, black pepper and cayenne pepper.
2. Remove from heat and allow to cool. Divide stir-fry equally into two containers. We will use leftovers to make soup for Thermos Thursday.

#### LUNCH DAY

1. Toss the stir-fry with dressing and turkey pieces. Can be served hot or cold.

Serve with a granola bar and ½ of a sliced nectarine.

*Vegetarian option: omit turkey*

### INGREDIENTS

*For stir-fry vegetables & turkey*

1-1/2 Tablespoons olive oil

3 medium carrots cut into ribbons with a vegetable peeler

1 red bell pepper, end trimmed – seeds removed - cut into thin strips

1 zucchini ends trimmed and cut into half moons

1 cup fresh snap peas or shelled frozen peas

2 Tablespoons honey balsamic dressing (see prep)

2 granola bars (see prep)

1 nectarine, sliced



## THURSDAY THERMOS SOUP

*toasted English muffin & peaches*

### DIRECTIONS

#### PREP AHEAD

- Vegetable stir-fry

*For Thursday thermos soup*

1. Heat stock in medium pan until boiling. Add cooked stir-fry vegetables and simmer for 5 minutes. Salt and pepper to taste.
2. Serve in thermos with toasted English muffin, side of cream cheese and nectarine slices.

*Vegetarian Option: Serve with a side of nut butter instead of cream cheese.*

### INGREDIENTS

*For Thursday thermos soup*

- 2 cups stir-fry vegetables (prep ahead)
- 2 cups low sodium chicken or vegetable broth
- 2 English muffins, toasted
- 2 Tablespoons cream cheese, softened
- 2 nectarines



## VEGETABLE AND FRUIT KEBABS

hard boiled eggs & granola bars

### DIRECTIONS

#### PREP AHEAD

- Hard boiled eggs
- Granola bars
- Honey balsamic dressing

*For vegetable and fruit kebabs*

1. Use any safe, available “stick” in the kitchen to thread vegetables and fruit onto skewers.
2. Store in an airtight container with a side of dressing for vegetables.
3. Serve with a hardboiled egg and a granola bar.

### INGREDIENTS

*For vegetable and fruit kebabs*

- 8 small wooden skewers or 12 toothpicks or 2 small plastic forks
- ½ red bell pepper, cut into 2” pieces
- ½ cucumber, cut into 1” pieces
- 1 medium tomato, cut into 8 wedges
- 1 pint blueberries
- 1 cup strawberries cut in half
- 1 nectarine, peeled and cut into wedges
- 2 hardboiled eggs \* *See prep sheet*
- Leftover granola bars \* *See prep sheet*
- Leftover honey balsamic dressing (about 2 Tablespoons) \* *See prep sheet*