

MAKE AHEAD

- **Pesto (makes 1 cup)**

1 large bunch fresh basil, stems removed (about 30 leaves)

¼ cup walnuts

¼ cup grated Parmesan

1/3 cup olive oil

¼ teaspoon black pepper

1. Blend all ingredients on medium for a minute or until creamy.
2. Scrape pesto into an airtight container and store for up to a week. Sometimes it helps prevent discoloring if you pour a thin layer of olive oil over top before sealing.

- **Applesauce**

2 medium apples, peeled, cored and diced

½ cup water

1/8 teaspoon salt

1. Place apples and water in a small stockpot (covered) and bring to boil. Sprinkle with salt.
2. Reduce heat to medium and allow apples to cook until soft and water has evaporated.
3. Mash with a fork for chunky style sauce or with a potato masher for a creamier version.
4. Divide equally into two lunch containers.

- **Ground beef or turkey (yields 4 cups)**

1 pound ground beef or turkey

1 teaspoon dried oregano

1/8 teaspoon cumin

½ teaspoon kosher or sea salt

2 medium tomatoes, chopped or 1 pint cherry tomatoes, cut in half

1. Over medium heat, brown meat until no more pink is visible. Add oregano, cumin, and salt. Stir in tomatoes.
2. Cook until tomatoes have softened.
3. Cool, divide into 2 equal portions and store in fridge for up to 4 days.

MENU

MONDAY ①

PESTO PASTA

Tomatoes & cantaloupe

TUESDAY ②

SLOPPY JOES

Applesauce & carrot sticks

WEDNESDAY ③

LUNCH FRITATTA CUPS

Walnuts & raspberries

THURSDAY ④

3 INGREDIENT CHILI

Sliced apples

FRIDAY ⑤

VEGETABLES STICKS

VEGGIE DIPPERS & HAM OPEN FACES

Cantaloupe wedges

LUNCH: WEEK THREE



This week: 1- Pesto Pasta 2-Sloppy Joes 3-Muffin Tin Frittata 4- Three Ingredient Chili 5-Veggie Dippers & Ham Pesto

Got it!	Meat / Seafood	Quantity	Notes
	ground turkey	1 pound	
	black forest ham	9 slices	lean and minimally processed

Got it!	Vegetables & Fruit	Quantity	Notes
	fresh basil	1 large bunch	about 30 leaves
	tomatoes	3 medium	OR 2 pints cherry tomatoes
	carrots	4	
	apples	4	
	cantaloupe	1/2 of a whole	
	raspberries	1 pint	

Got it!	Dairy	Quantity	Notes
	white cheddar (organic)	1 cup	4 ounces
	Parmesan cheese	1/4 cup grated	
	organic eggs	4	
	low-fat milk	1/4 cup	

Got it!	Bakery/Misc	Quantity	Notes
	whole wheat hamburger buns	3	
	walnuts	1/4 cup	
	black or pinto beans	1 - 14oz can	
	whole wheat penne	8 ounces	

Got it!	Pantry Items	Quantity	
	dried oregano	1 teaspoon	
	extra virgin olive oil	1/2 cup	
	pantry dressing**	1/4 cup	
	ground cumin	3/4 teaspoon	
	kosher salt	3/4 teaspoon	
	black pepper	1/4 teaspoon	
	chicken or vegetable stock	1/2 cup	

Gluten Free Notes
 sub any gluten free short pasta
 sub gluten free hamburger buns (Udi's or Rudi's)

**www.thefresh20.com/pantrydressings



PESTO PASTA

tomatoes and cantaloupe squares

DIRECTIONS

MADE AHEAD

Pesto

For pesto pasta

1. Boil salty water for pasta. Cook pasta according to package time. Drain. Do not rinse.
2. Coat pasta with 1 Tablespoon olive oil to prevent sticking.
3. Toss pasta with pesto until well combined. Transfer 1-1/2 cups pasta to a lunch container.
4. Serve with a side of tomatoes and cantaloupe squares.

Gluten Free option: Substitute gluten free pasta for whole grain penne

INGREDIENTS

For pesto pasta

½ pound whole grain penne pasta
1 Tablespoon olive oil
2/3 cup prepared pesto (see make ahead)

1 medium tomato, cut into wedges
or 1 cup cherry tomatoes cut in half

¼ cantaloupe, cut into 1" squares



SLOPPY JOES

applesauce & carrot sticks

DIRECTIONS

MADE AHEAD

Meat and tomato mix * *See prep*

Apple sauce * *See prep*

For Sloppy Joes

1. Re-heat meat/tomato mix with stock in microwave. Place into a heat proof lunch container or a thermos.
2. Pack with a whole wheat bun and a small container of cheese for assembling at school or office.
3. Serve with applesauce and carrot sticks.

Vegetarian Option: Use tofu in lieu of meat and add diced zucchini with tomatoes.

INGREDIENTS

For Sloppy Joes

2 cups meat and tomato mix (see prep)
½ cup chicken or vegetable stock
½ cup shredded cheese (any variety)
2 whole wheat hamburger buns

2 cups applesauce (homemade or organic store bought)
2 medium carrots, peeled and cut into sticks



LUNCH FRITATTA CUPS

walnuts & raspberries

DIRECTIONS

MADE AHEAD

Pesto * See prep sheet

For lunch frittata cups

1. Preheat the oven to 375 degrees F.
2. Coat 6 muffin tins with olive oil. Whisk the eggs, milk, and pepper in a large bowl to blend well. Stir in the ham. Fill prepared muffin cups almost to the top with the egg mixture. Place a teaspoon of pesto in the middle of the egg liquid. It will most likely sink a little.
3. Bake 10 minutes or until the egg is set in the center. Using a rubber spatula, loosen the frittatas and remove from muffin tin. Place 2 "frittatas" in each lunch container and store in fridge until ready to serve. This can be served cold, but you can re-heat in microwave for 20 seconds before packing lunch.
4. Serve with a handful of walnuts and $\frac{1}{4}$ cup raspberries.

Not Vegan but Vegetarian option: omit ham and replace with cheese of choice.

INGREDIENTS

For lunch frittata cups

- 1 Tablespoon olive oil for muffin pan
- 4 large organic eggs
- $\frac{1}{4}$ cup organic milk or 3 Tablespoons water
- $\frac{1}{4}$ teaspoon black pepper
- 3 slices quality deli ham (lean), chopped
- 2 Tablespoons prepared pesto (see prep)

- 1 cup walnuts
- 1 cup fresh raspberries



THERMOS THURSDAY 3 INGREDIENT CHILI

DIRECTIONS

MADE AHEAD

Meat & tomato mix * *See prep*

For 3 ingredient chili

1. Heat meat and tomato mix with beans and cumin for 3 minutes.
2. Stir in shredded cheese.
3. Transfer to thermos and seal tight.

Don't forget a spoon! Serve with apple slices.

Vegetarian Option: omit meat; mix cumin, beans in liquid & tomatoes with 1 cup prepared brown rice. Heat through and top with shredded cheese.

INGREDIENTS

For 3 ingredient chili

- 2 cups meat and tomato mix (see prep)
- 1 can organic beans, black or pinto; with liquid
- ½ teaspoon ground cumin
- ½ cup shredded cheese for chili topping or 1 organic cheese stick

- 2 apples, cored and sliced



HAM PESTO SANDWICHES

cantaloupe wedges

DIRECTIONS

MADE AHEAD

Pesto

For ham pesto sandwiches

1. Spread pesto on each half of bun.
2. Layer 3 slices of ham on each half.
3. Use pantry dressing as dip for carrots.

Serve with cantaloupe. You could also make this lunch with no bun and simply spread pesto on ham and roll around a wedge of cantaloupe.

Vegetarian option: build basil, tomato, pesto sandwich.

INGREDIENTS

For ham pesto sandwiches

6 slices lean ham
2 Tablespoons prepared pesto
1 whole wheat hamburger bun cut in half
2 carrots, peeled and cut into circles
¼ cup pantry dressing of your choice (www.thefresh20.com/pantrydressings)
¼ cantaloupe fruit, cut into two wedges