

MAKE AHEAD

- **GRILL CHICKEN**

2 organic chicken breasts
1 Tablespoon olive oil
½ teaspoon salt
½ teaspoon black pepper
½ teaspoon cumin

1. Coat chicken with olive oil. Combine salt, black pepper and cumin together and then season chicken on all sides.
2. Add chicken to hot skillet and cook for 6 minutes each side (medium-high heat). Cooking time will vary according to size of chicken breast, but once no more pink is visible when cut through middle, it is done.
3. With a fork and knife, shred one chicken breast. Leave the 2nd breast whole.
4. Store in airtight containers or Ziplocs until ready to use.

- **CHICKEN NOODLE SOUP BASE**

1 Tablespoon olive oil
2 medium carrots, peeled and diced
2 celery ribs/stalks, diced
½ medium onion, chopped
½ teaspoon black pepper
½ teaspoon cumin
4 cups chicken stock/broth

1. Heat oil in a large stock pot. Add carrots, celery and onions. Sauté for 5 minutes until onions are slightly translucent.
2. Season with pepper and cumin.
3. Add stock and bring to simmer for 5 minutes.
4. Allow to cool and store in fridge until ready to make soup.

MENU

MONDAY ①

GRILLED CHICKEN PLATE
Zucchini rounds & tomato wedges

TUESDAY ②

ROAST BEEF HUMMUS WRAPS
Cottage cheese and grapes

WEDNESDAY ③

GRILLED CHEESE AND TOMATO
Celery sticks & cucumber rounds

THURSDAY ④

CHICKEN NOODLE SOUP
Toast points

FRIDAY ⑤

VEGETABLE HUMMUS WRAP
Grapes

LUNCH: WEEK FOUR



This week: 1- Grilled Chicken 2-Roast Beef Wrap 3-Grilled Cheese & Tomato 4- Chicken Noodle Soup 5-Vegetable Hummus Wrap

Got it!	Meat / Seafood	Quantity	Notes
	chicken breasts	2 breasts	organic
	natural roast beef	1/3 pound	about 6 slices

Got it!	Vegetables & Fruit	Quantity	Notes
	roma tomatoes	4	
	carrots	2	
	celery	4 stalks/ribs	
	onion	1/2 medium	
	zucchini	1 medium	
	cucumber	1 medium	
	baby spinach	1/2 cup	about 1/4 pound
	fruit of your choice	4 pieces	apples, pears, oranges, kiwi
	fruit of your choice	2 cups	strawberries, blueberries, grapes

Got it!	Dairy	Quantity	Notes
	monterey jack cheese	1 cup	any variety semi hard cheese is fine

Got it!	Bakery/Misc	Quantity	Notes
	whole wheat tortillas	4	
	whole wheat bread	4 slices	
	hummus	1 cup	plain

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

Gluten Free Notes:
 sub gluten free bread
 sub corn tortillas or gluten free wraps
 use gluten free chicken broth

**www.thefresh20.com/pantrydressings



GRILLED CHICKEN PLATE

zucchini rounds and tomato wedges

DIRECTIONS

MADE AHEAD

Grilled chicken

For grilled chicken plate

Pack up lunch in individual containers or Ziploc bags. Make sure the dressing has an airtight seal.

For older kids, you might want to add a granola bar or a yogurt.

INGREDIENTS

For grilled chicken plate

1 cooked chicken breast, sliced

½ zucchini, cut into half inch rounds

1 tomato, cut into wedges

1 serving fresh fruit

¼ cup dressing (balsamic vinegar, honey, olive oil, mustard, salt, pepper)

(www.thefresh20.com/pantrydressings)



ROAST BEEF HUMMUS WRAPS

cottage cheese and grapes

DIRECTIONS

For roast beef hummus wraps

1. Spread a thin layer of hummus over both tortillas. Layer 2-3 slices of roast beef on one side of tortilla. Layer cucumber and spinach on other side. Fold tortilla in half and slightly press to seal. Cut into wedges.
2. Serve with $\frac{1}{2}$ cup of cottage cheese or yogurt and $\frac{1}{2}$ cup grapes for each lunch.

Gluten Free option: Substitute corn tortillas for whole wheat

Vegetarian option: Omit roast beef

INGREDIENTS

For roast beef hummus wraps

1/3 pound organic roast beef (we suggest

http://www.applegatefarms.com/products/natural_roast_beef.aspx)

$\frac{1}{2}$ cup plain hummus spread

$\frac{1}{2}$ cucumber

$\frac{1}{4}$ cup baby spinach leaves

2 whole wheat flour tortillas, burrito size

1 cup cottage cheese

1 cup grapes or fruit of choice



GRILLED CHEESE & TOMATO celery sticks & cucumber rounds

DIRECTIONS

For grilled cheese with tomato

1. Preheat skillet or grill pan over medium heat. Brush one side of bread with olive oil or butter. Place bread oil/butter side down on bottom of skillet. Arrange ½ cup cheese to completely cover the bread. Arrange a layer of tomato slices. Top with second slice of bread. Grill until slightly brown, flipping once.

Serve with celery sticks and cucumber rounds.

Gluten Free: Use gluten free bread

Dairy Free: Try *Follow My Heart* soy cheese. It melts well.

INGREDIENTS

For grilled cheese with tomato

- 4 slices whole wheat bread
- 1 Tablespoon olive oil or organic butter
- 1 cup Monterey jack cheese, shredded
- 1 medium Roma tomato, thinly sliced

- 2 celery stalks/ribs, cut into sticks
- ½ cucumber, cut into rounds



THERMOS THURSDAY - CHICKEN NOODLE SOUP

toast points

DIRECTIONS

MADE AHEAD

Grilled chicken * *See prep*

Chicken noodle soup base * *See prep*

For chicken noodle soup

1. On lunch day, reheat soup base and add ½ cup shredded chicken to 1-1/2 cups soup for each serving.
2. Transfer to thermos and seal. Don't forget the spoon.

Serve with toasted bread for dipping.

Gluten Free option: make sure your stock is gluten free

Vegetarian Option: use vegetable stock, omit chicken and add mushrooms

INGREDIENTS

For chicken noodle soup

Chicken noodle soup base, 1 ½ cups per serving. * *See prep*

(About 1-1/2 cups)

2 slices whole wheat bread (or 2 whole wheat tortillas), toasted and cut into triangles



VEGGIE HUMMUS WRAPS

DIRECTIONS

For Veggie hummus wraps

1. Spread hummus on one side of tortilla.
2. Sprinkle oregano over hummus.
3. Add vegetables in middle and roll tortilla into a burrito style wrap. Cover with foil to hold shape.

Serve with grapes.

Gluten Free option: use corn tortillas

INGREDIENTS

For Veggie hummus wraps

- 2 whole wheat tortillas
- ½ cup plain hummus
- ½ zucchini, chopped
- ¼ cup baby spinach
- 1 Roma tomato
- 1 teaspoon dried oregano

Grapes or your choice of fruit