

MAKE AHEAD

- **BAKE MUFFINS**

- ¾ cup nonfat organic milk
- ¼ cup applesauce
- ¼ cup raw honey
- 2 Tablespoons olive or safflower oil
- 1 egg
- 2 cups whole wheat flour
- 3 teaspoons baking powder
- ½ teaspoon kosher salt
- 1 cup fresh blueberries (frozen okay)

1. Preheat oven to 400 degrees F
2. Whisk together wet ingredients. Combine dry ingredient and mix into batter a little at a time
3. Carefully, fold in blueberries. Divide into 12 paper lined muffin cups. Bake for 20 minutes.

- **MARINARA SAUCE**

- 2 medium beefsteak tomatoes
- 2 Tablespoons tomato paste
- ½ onion, finely chopped
- 1 clove garlic, minced
- 2 teaspoons dried oregano
- ½ teaspoon black pepper
- ½ teaspoon kosher salt
- 1 cup chicken or vegetable stock

1. Simmer all ingredients together for 20 minutes. Store in airtight container.

- **TOMATO SOUP**

- 1 Tablespoon olive oil
- ¼ medium onion, chopped
- 2 garlic cloves, minced or pressed
- 2 medium tomatoes (beefsteak)
- ½ teaspoon kosher salt or sea salt
- ½ teaspoon black pepper
- 3 cups chicken stock/broth
- 1 whole wheat pita round cut into small pieces

1. Heat oil in a large stock pot. Add onions and garlic. Sauté for 5 minutes until onions are slightly translucent.
2. Add tomatoes, salt and black pepper.
3. Add stock and bring to simmer for 5 minutes.
4. Toss in pita bread. Transfer to blender and puree until smooth

- **PENNE PASTA**

MENU

MONDAY ①

TUNA STUFFED TOMATOES
Pita chips & fruit

TUESDAY ②

BLUEBERRY YOGURT
Fruit & nut mix

WEDNESDAY ③

PITA SAUSAGE PIZZA

THURSDAY ④

TOMATO SOUP

FRIDAY ⑤

BROCCOLI SAUSAGE PENNE
Blueberries

LUNCH: WEEK FIVE

This week: Tuna Salad Stuffed Tomatoes, Blueberry Muffin/Yogurt Parfait, Pita Pizza, Tomato Soup, Broccoli

Got it!	Meat / Seafood	Quantity	Notes
	fresh tuna filet	5-6 ounces	
	turkey Italian sausage	2 links	ask butcher for fresh made
Got it!	Vegetables & Fruit	Quantity	Notes
	beefsteak tomatoes	6	
	broccoli florets	1 cup	about 1 small head
	white mushrooms	1/4 cup	
	onion	1	
	blueberries	1 pound	at least 2 cups
	fresh fruit of your choice	2 cups	
	organic applesauce	1 cup	no additives, all natural
Got it!	Dairy	Quantity	Notes
	plain Greek yogurt	2-1/4 cups	
	2% milk	3/4 cup	
	organic eggs	1	
Got it!	Bakery/Misc	Quantity	Notes
	whole wheat pita	4 rounds	
	almonds or walnuts	1/4 cup	
	whole wheat penne	6 ounces	
	tomato paste	2 Tablespoons	
	whole wheat flour	2 cups	
	natural raw honey	1/4 cup	
	baking powder	3 teaspoons	
Got it!	Pantry Items	Quantity	Notes
	dried oregano	2 teaspoons	
	extra virgin olive oil	3.5 Tablespoons	
	garlic	3 cloves	
	Dijon mustard	1 teaspoon	
	kosher salt	2 teaspoons	
	black pepper	1-1/4 teaspoons	
	chicken or vegetable stock	4 cups	



TUNA SALAD STUFFED TOMATOES

pita wedges & fresh fruit

DIRECTIONS

For tuna salad stuffed tomatoes

1. Heat 1 Tablespoon olive oil in a sauté pan or skillet. Sprinkle with salt and pepper. Sear for 4-5 minutes on each side until cooked through but still moist.
2. Cool and shredded for tuna salad.
3. Combine yogurt, mustard, olive oil, onion and seasonings.
4. Combine with tuna fish.
5. Remove the core from the tomatoes. Carve out a 2" hole in the center of the tomato. Fill with tuna salad. Serve extra tuna salad on the side with toasted pita and a side of fruit.

Gluten Free option: Substitute corn tortillas for whole wheat

INGREDIENTS

For tuna salad stuffed tomatoes

- 5-6 ounces fresh tuna filet + salt and pepper to taste (To save time use quality canned tuna packed in water.)
- 2 Tablespoons plain Greek yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon olive oil
- 1 teaspoon grated onion (use cheese grater)
- ¼ teaspoon each of salt and black pepper
- 2 medium tomatoes

- 1 whole wheat pita round, cut into wedges and toasted

- 2 cups fresh fruit for side



BLUEBERRY MUFFIN

yogurt parfait

DIRECTIONS

MADE AHEAD

Blueberry muffins * *See prep sheet*

For yogurt parfait

1. Layer together a parfait in a portable container, bowl or cup.
2. Yogurt on bottom followed by fruit, then nuts. Repeat the layer once more and seal.
3. Refrigerate until time to pack. Make sure to add an ice pack to the lunch box to keep the yogurt cool.
4. Serve with one or two healthy blueberry muffins.

INGREDIENTS

For yogurt parfait

2 cups plain Greek yogurt
2 cups fresh fruit, cut
¼ cup walnuts or almonds

2-4 blueberry muffins (depending on size) – * *See prep sheet*



PITA SAUSAGE PIZZAS

applesauce

DIRECTIONS

MADE AHEAD

Marinara sauce * *See prep*

Applesauce

For pita sausage pizzas

1. Preheat oven to 350 degrees.
2. Arrange pita on a lightly oiled baking sheet.
3. Spread a layer of marinara sauce over the pita. Arrange a layer of mushrooms and sausage over sauce. Top with a layer of mozzarella cheese.
4. Bake for 10 minutes or until cheese is melted. Pizzas can also be broiled for 5 minutes to save time.
5. Wrap in foil and place in airtight container.

Serve with a side of store bought no sugar added , organic applesauce.

INGREDIENTS

For pita sausage pizzas

2 whole wheat pita rounds
½ cup fresh marinara sauce
1 turkey Italian sausage, cooked and sliced or crumbled
¼ cup sliced mushrooms
½ cup fresh mozzarella, shredded

1 cup applesauce, no sugar added organic (1/2 cup per person)



THERMOS THURSDAY – TOMATO SOUP fresh fruit

DIRECTIONS

MADE AHEAD

Tomato soup

On lunch day, reheat soup. Transfer to thermos and seal. Don't forget the spoon.

Serve with fruit.

Gluten Free option: Sub corn tortillas for pita and make sure your stock is gluten free

Vegetarian Option: use vegetable stock

INGREDIENTS

Tomato soup

Fresh fruit for side



BROCCOLI SAUSAGE PENNE

blueberries

DIRECTIONS

MADE AHEAD

Penne pasta
Marinara Sauce

For broccoli sausage penne

1. Mix ingredients together in a large, microwave safe bowl. Heat on medium for 2-3 minutes. Transfer to airtight container. If necessary, wrap in tinfoil to retain heat.

Serve with a side of fresh blueberries, ½ cup serving per person

Gluten Free option: use gluten free pasta and ask butcher if sausage is indeed, gluten free

INGREDIENTS

For broccoli sausage penne

1 cup broccoli florets, steamed and chopped
1 turkey Italian sausage link, cooked and chopped
1 cup dry penne pasta, cooked according to package directions to yield 2 cups
½ cup Marinara sauce

1 cup blueberries