

MAKE AHEAD

1. Chicken Nuggets
2. Pasta Primavera
3. Pancakes

MENU

MONDAY ①

NUT BUTTER & HONEY QUESADILLA
Applesauce, yogurt, zucchini

TUESDAY ②

BAKED CHICKEN NUGGETS
Carrots sticks & fresh fruit

WEDNESDAY ③

FANCY HAM WRAP
Applesauce

THURSDAY ④

PASTA PRIMAVERA

FRIDAY ⑤

PANCAKES
Maple yogurt & raisins

LUNCH: WEEK SIX



This week: Nut Butter & Honey "quesadillas", Baked Chicken Nuggets, Ham Wrap, Pasta Primavera, Pancakes for Lunch

Got it!	Meat / Seafood	Quantity	Notes
	chicken breast	1 large	organic
	black forest ham	8 ounces	thinly sliced, quality matters, ask deli

Got it!	Vegetables & Fruit	Quantity	Notes
	zucchini	2 medium	
	banana	1 medium	
	carrots	3 medium	
	plums	3	sub any variety of fruit
	oranges	3	sub any variety of fruit
	tomato	2 medium	
	butter lettuce	4 whole leaves	any variety lettuce okay
	lemon	1	for juice
	raisins	1/2 cup	

Got it!	Dairy	Quantity	Notes
	organic deli cheese	2 slices	
	nonfat Greek yogurt	2 cups	
	organic eggs	2 large	
	2% organic milk	1 cup	

Got it!	Bakery/Misc	Quantity	Notes
	applesauce cups	4	no sugar added
	whole wheat tortillas	4	burrito size
	nut butter	4 Tablespoons	peanut, almond, cashew
	natural raw honey	4 Tablespoons	
	whole grain spaghetti	6 ounces	any pasta variety okay
	oatmeal	1 cup	only need for pancakes
	bread crumbs	1 cup	
	100% maple syrup	1/2 cup	

Got it!	Pantry Items	Quantity	Notes
	dried oregano	1 teaspoon	
	extra virgin olive oil	4 Tablespoons	
	garlic	1 clove	
	pantry dressing	1/4 cup	
	kosher salt	1.5 teaspoon	
	black pepper	3/4 teaspoon	
	whole wheat flour	1 cup	for pancakes only
	baking powder	1 teaspoon	for pancakes only
	baking soda	2 teaspoons	for pancakes only
	chicken or vegetable stock	1 cup	

**www.thefresh20.com/pantrydressings



NUT AND BUTTER HONEY QUESADILLAS

applesauce & zucchini

DIRECTIONS

For nut and butter honey quesadillas

1. Lay out one tortilla flat. Spread with your chosen nut butter so that it covers one side of the tortilla.
2. Drizzle with honey. Arrange thin slices of banana on top of honey. Place second tortilla and seal together by lightly pressing down on the edges.
3. Cut into quarters and evenly divide into two lunch containers.

Serve with no sugar added applesauce, yogurt/honey mix and zucchini slices.

Gluten Free option: Substitute 4 gluten free bread slices for whole wheat tortillas and make sandwiches

Vegan option: Omit honey and use any fruit preserve you may have in the pantry

INGREDIENTS

For nut and butter honey quesadillas

2 whole wheat tortillas (burrito size)
4 Tablespoons peanut, cashew or almond butter
2 Tablespoons natural raw honey
1 firm banana, thinly sliced
1 cup nonfat Greek yogurt
Honey to sweeten yogurt

2 prepackaged cups of no sugar added applesauce

1 medium zucchini, cut into ½" thick rounds



BAKED CHICKEN NUGGETS

carrot sticks & fruit

DIRECTIONS

MADE AHEAD

Chicken nuggets

For baked chicken nuggets

1. Heat oven to 375 degrees F.
2. Lightly coat a baking dish or cookie sheet with olive oil. Cut chicken into small even cubes. One breast should yield 12 pieces. They should be similar in size for even cooking. Sprinkle chicken with salt and pepper.
3. In a small bowl, whisk together water and egg. In medium dish, combine bread crumbs, and oregano.
4. Using a fork or chopsticks, one piece at a time, dip chicken into egg mix and then roll into crumb mix, making sure the chicken is evenly coated. Lay onto baking dish/cookie sheet.
5. Repeat with other pieces, making sure that the baking sheet is not overly crowded.
6. Place in oven for 15 minutes or until chicken is no longer pink on inside.
7. Wrap in two individual foil packs of 4-6 chicken nuggets each and place in fridge until lunch day.
8. To reheat, place in over for 5 minutes @350 degrees F.

Serve with carrot sticks and fresh fruit (plum or orange)

INGREDIENTS

For baked chicken nuggets

- 1 Tablespoon olive oil (for pan)
- 1 large chicken breast (about 1/2 pound)
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 large egg
- ¼ cup water
- 1 cup bread crumbs
- 1 teaspoon dried oregano

2 medium carrots, peeled and cut into matchsticks

Fresh fruit



FANCY HAM WRAP

applesauce & tomato wedges

DIRECTIONS

For fancy ham wrap

1. Arrange ham evenly over flat tortilla. Add a layer of cheese followed by 2 leaves butter lettuce.
2. Spread dressing over lettuce. Roll the tortilla towards the center. Make sure you get a tight roll.
3. Once a wrap is formed, cut in half and place in lunch container with the seal down.

Serve with applesauce and tomato wedges.

Gluten Free: Use gluten free bread or corn tortillas

Dairy Free: Omit cheese.

INGREDIENTS

For fancy ham wrap

- 2 whole wheat tortillas
- 8 ounces of lean, sliced ham (ask butcher/deli for best quality)
- 4 leaves butter lettuce (whole)
- 2 slices any variety cheese (organic recommended)
- ¼ cup pantry dressing
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- 2 cups prepackaged no sugar added applesauce
- 1 medium tomato, cut into wedges



THERMOS THURSDAY – PASTA PRIMAVERA

sides

DIRECTIONS

MADE AHEAD

Pasta Primavera

For Pasta Primavera

1. Heat oil in a medium skillet. Add garlic. Sauté for 1 minute.
2. Add tomatoes, salt and black pepper.
3. Toss in zucchini and shredded carrots. Add stock and bring to simmer for 5 minutes.
4. Let cool and refrigerate.
5. Bring a medium pot of water to a boil with a pinch of salt. Add in pasta and cook until al dente, 8 minutes. Drain and toss olive oil. Let cool and refrigerate.

On lunch day, reheat vegetables and toss with plain cooked spaghetti. Transfer to thermos and seal.

Serve with fruit on the side.

Gluten Free option: Sub any variety gluten free pasta and make sure your stock is gluten free

Vegetarian Option: use vegetable stock

INGREDIENTS

For Pasta Primavera

- 1 Tablespoon olive oil
- 1 garlic cloves, minced or pressed
- 1 medium tomato, chopped
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 medium zucchini, cubed
- 1 carrot, peeled and shredded
- 6 ounces whole wheat spaghetti
- 1 Tablespoon olive oil

Fresh fruit for side (plums or oranges)



PANCAKES

maple yogurt & raisins

DIRECTIONS

MADE AHEAD

Pancakes

Note: You can also use a whole grain pancake mix.

For pancakes

1. Grind the oats in a blender or food processor until fine.
2. In a large bowl, combine ground oats, whole wheat flour, baking soda, baking powder, and salt.
3. In another bowl, combine milk, lemon juice, oil, egg, and $\frac{1}{4}$ cup maple syrup with an electric mixer until smooth.
4. Lightly oil a skillet or griddle, and preheat it to medium heat.
5. Ladle $\frac{1}{4}$ cup of the batter onto the hot skillet; cook the pancakes for 2 to 4 minutes per side, or until brown.
6. Wrap in airtight container until ready to use or freeze and reheat in toaster on lunch day.

For maple yogurt

1. Combine the yogurt and $\frac{1}{4}$ cup maple syrup. Serve on side of pancakes in a small, leak proof container with raisins on the side.

INGREDIENTS

For pancakes

- 1 cup oatmeal
- 1 cup whole wheat flour
- 2 teaspoon baking soda
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 cup milk
- 1 lemon, juiced
- 2 Tablespoon olive oil
- 1 egg
- $\frac{1}{4}$ cup maple syrup (100%)

For maple yogurt

- 1 cup plain, non-fat Greek yogurt
- $\frac{1}{4}$ cup maple syrup (100%)
- 2 cups sliced fruit
- $\frac{1}{2}$ cup raisins, divided in half