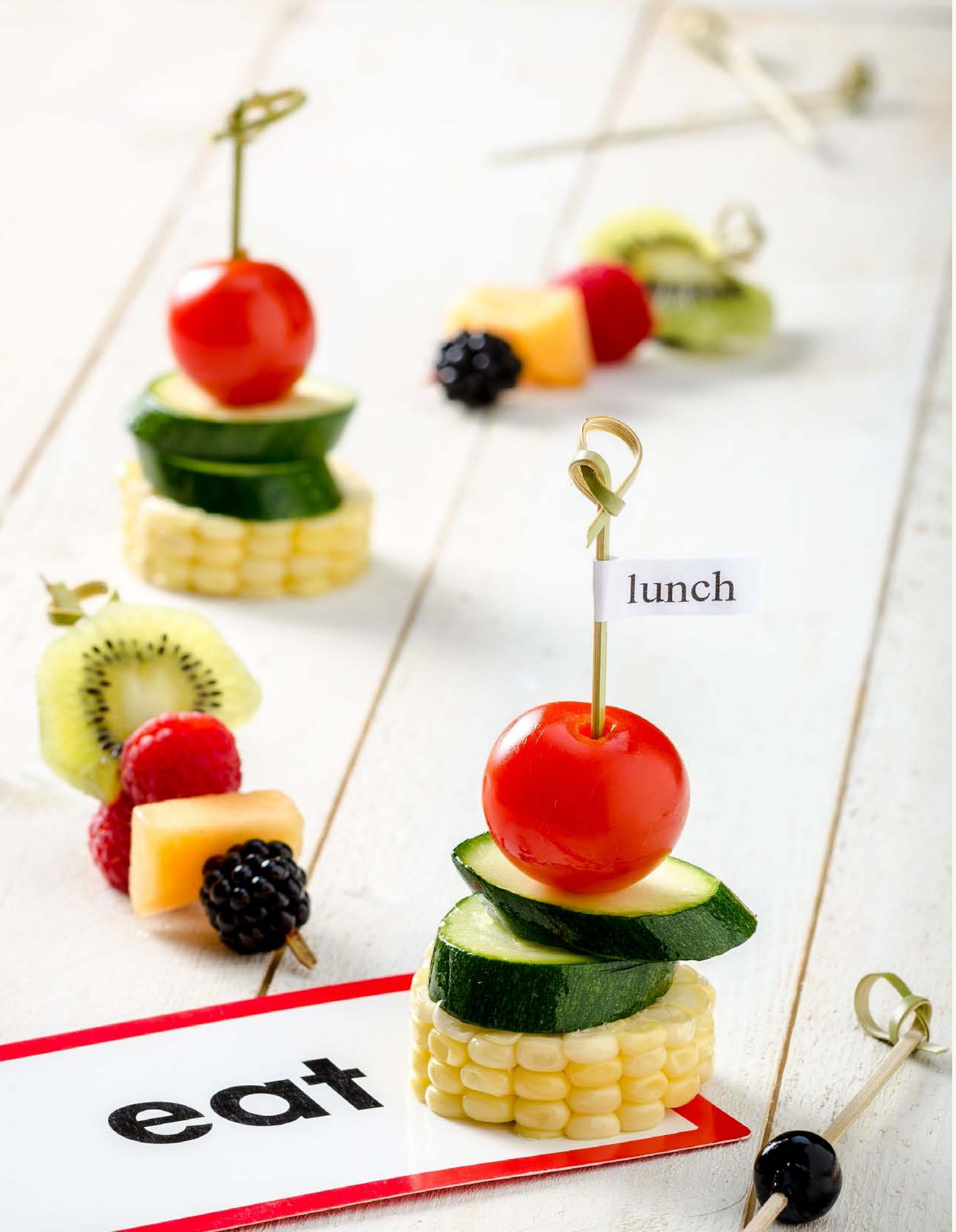

HEALTHY LUNCHES

Lunch can be just as important as dinner to a healthy family food culture.
I've struggled for years with eating at healthy intervals with balance. I admit there have been some days a coffee has gotten me all the way to 2pm. Not the best way to stay energized. So let there be lunch!

- Lunches serve 2-3 and work both for school age children and adults alike.
- Invest in a great lunch or bento box. Nothing takes the charm out of lunch like a brown paper bag.
- Vegetarian, Gluten Free and Dairy Free adjustments and substitutions are included for each meal.

  Vegetarian

  Gluten Free

  Dairy Free

- A thermos with a wide mouth is highly recommended.

What follows is a simple six week plan to help you get out of a sandwich and salad rut. Use it to keep health and happiness during the day.

To your wild success,
Melissa Lanz
ceo + founder, The Fresh 20

Photography - Trent Lanz Design - Vivian Czuckerberg Layout - Courtney Zbinden Food Styling - Denise Vivaldo Group

LUNCH BASICS

Common lunch items

LUNCH MEAT

Look for organic, minimally processed meats instead of processed deli meat. Ask the deli counter for an ingredient list to limit preservatives.

GRANOLA BARS

Not all packaged bars are unhealthy. Many companies offer organic, low sugar bars that can easily be added to lunch. Pay attention to the sugar and sodium content of packaged foods. As with any lunch product, if the ingredients are confusing, chances are it's not the healthiest option. The best solution is to make your own bars. You would not believe how easy they are to make.

CHIPS

I don't want to get on a soap box, but chips just don't equate to health. Even the baked versions are loaded with preservatives. If you include chips in your lunch plans, look for natural chips that have no more than 3 ingredients: potato, oil and salt.

CRACKER SANDWICHES

If you notice the color of the cheese in some of the cracker sandwiches on the market, you can visually identify that it is not loaded with nutrition. It is always better to make your own. Whole grain crackers and slices of low-fat, natural cheese are a delicious alternative.

JUICE BOXES

I love the simplicity of grabbing a juice box and throwing into the lunch bag. However, it is not the best option. Juice is very highly concentrated in sugar. As a mom, it sometimes comes down to the lesser of two evils and juice is better than soda. Water is, by far, the best option. Either way, the most sustainable way to include drinks with lunch is to purchase a reusable drink container and fill it yourself.

YOGURT

Avoid gelatin based yogurts with heavy sweetners. Many yogurt manufacturers have a healthier version than the ones marketed to kids with characters on the packaging. For optimal health buy plain Greek yogurt and add honey and/or fruit.

PEANUT OR NUT BUTTER

There should only be one ingredient: nuts.

COOKIES

Brands have made it very easy to purchase little cookie pouches as a filler to daily lunch. Cookies are not part of the lunch bunch. Cookies are a treat, not a food group. Limit use as a lunch staple. Better yet, bake a batch at home and freeze them for an occasional lunch inclusion.

Fruit Roll Ups are not fruit. Read the lable. Is the first ingredient fruit?

TIPS

Use whole grains. Sweeten with honey or 100% maple syrup.

Buy organic, minimally processed lunch meat instead of processed, packaged deli meat.

Look for bread that is high in fiber and made with whole grains. If bread has more than 7 ingredients, skip it.

LUNCH MENU

WEEK 1

MONDAY

BEAN N CHEESE BURRITO

Edamame beans, pears, trail mix

TUESDAY

CHICKEN PASTA SALAD

Green beans, red bell peppers, grapes

WEDNESDAY

POLENTA SQUARES & SAUSAGE BITES

Tomatoes & pears

THURSDAY

GRILLED CHICKEN STRIPS

Black beans, polenta sticks, grapes

FRIDAY

QUESADILLA

Green beans and Trail mix

SHOPPING LIST

MEAT / SEAFOOD

1 lb. organic chicken breast (2 breasts)
2 medium turkey italian sausage links (pre-cooked)

VEGETABLES & FRUIT

1 cup cherry tomatoes
1 cup edamame beans, ready to eat (check deli section)
1 small tomato
½ lb. green beans (about 2 cups)
1 red bell pepper
4 pears
2 cups grapes
⅓ cup raisins
⅔ cup raw almonds

DAIRY

1-½ cups mozzarella cheese, shredded
1 cup white cheddar cheese, shredded (can also sub mozzarella)

BAKERY / MISC

¾ cup cornmeal (polenta)
6-12” whole wheat tortillas
2-15 oz. cans black beans (reduced sodium)

FROM THE PANTRY

4 Tablespoons olive oil
1 teaspoon kosher salt
1 teaspoon black pepper
1 teaspoon ground cumin
1 cup whole grain penne pasta

PREP AHEAD

GRILLED CHICKEN

(Meal #2 and #4)

1. Cut two organic, boneless skinless chicken breasts in half lengthwise and season with ¼ teaspoon each of cumin, salt & pepper.

2. Heat 1 Tablespoon olive oil in a medium skillet over medium heat.

3. Add chicken (in two batches if necessary) and cook 4-5 minutes each side. Remove from heat and allow to cool.

4. Cut 2 pieces into ½" cubes for meal #2. Cut the other 2 pieces into thin strips for meal #4.

5. Store in an airtight container in the refrigerator until ready to use.

GREEN BEANS

(Meal #2 and #5)

1. Bring 3 cups of water to a boil in a medium stock pot.

2. Add ½ pound of trimmed green beans to the boiling water and cook for no more than one minute. Lift beans out and run under cold water immediately. Dry beans completely with a paper towel.

3. Divide beans into 4 snack containers and refrigerate until ready to use. Add a small piece of paper towel inside container to absorb any extra liquid.

4. Store in refrigerator for up to three days.

POLENTA

(Meal #3 and #4)

1. Bring 2-½ cups water to a boil and add ¼ teaspoon salt.

2. Slowly stir in ¾ cup polenta Reduce to simmer and cook for 15 minutes, stirring frequently to reduce clumping.

3. Pour cooked polenta into a lightly oiled loaf pan or square baking dish. Allow to cool before cutting into six 3" squares and 4-6 sticks.

4. Store polenta pieces in an airtight container in refrigerator until ready for lunch.

TRAIL MIX

(Meal #1 and #5)

1. Divide ⅔ cup almonds and ⅓ cup raisins evenly into 4 small snack containers. Shake to mix and set aside for lunch snack.

PASTA

(Meal #1 and #5)

1. Cook pasta and store in airtight container.

BEAN N CHEESE BURRITOS

Edamame, Pears, & Trail Mix

INGREDIENTS

FOR BEAN N CHEESE BURRITOS

2 whole wheat flour tortillas (12”)
1 cup black beans, drained and mashed
1 cup shredded, part-skim mozzarella cheese

FOR EDAMAME

½ cup cold Edamame beans

FOR PEARS

2 pears

FOR TRAIL MIX

½ cup trail mix **see prep guide*

Replace cheese with mashed avocado.

Replace flour tortillas with corn tortillas.

DIRECTIONS

PREP AHEAD

- Trail mix

FOR BEAN N CHEESE BURRITOS

1. Warm tortillas in the microwave for ten seconds.
2. Spread ½ cup of beans on middle of each tortilla.
3. Top with ½ the shredded cheese.
4. Fold tortilla towards middle only 2/3 of the way. Fold ends towards middle.
5. Fold remaining edge over all the other exposed edges so that only one seam is visible.
6. Press to seal. Wrap in foil wrap until ready to eat. Enjoy!

SERVING SIZE:
1 burrito, ¼ cup cold Edamame beans, ¼ cup trail mix and 1 pear.

CHICKEN PASTA SALAD

Green Beans, Red Bell Peppers, & Grapes

INGREDIENTS

FOR CHICKEN PASTA SALAD

2 cups cooked whole wheat penne pasta (1 cup dry)
2 Tablespoons olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper
1 cup cooked chicken (1 breast), cut into ½"cubes *see prep guide
½ cup Edamame beans, ready to eat
1 small tomato, cut into small dice (yield ½ cup)

FOR GREEN BEANS

1 cup green beans, made ahead
** see prep guide*

FOR RED BELL PEPPERS

1 red bell pepper, cut into thin slices

FOR GRAPES

1 cup grapes

Use quinoa or brown rice pasta.

Replace chicken with 1 cup black beans.

DIRECTIONS

PREP AHEAD

- Green beans
- Grill chicken for cubed chicken
- Cook pasta and store

FOR CHICKEN PASTA SALAD

1. Toss cooked pasta in olive oil and sprinkle with salt & pepper. Add cooked, cubed chicken, edamame beans; fold in tomatoes.
2. Divide into two portions.
3. Can be served warm with chicken or at room temperature without chicken.

SERVING SIZE:
1-1/2 cups pasta salad with ½ cup of green beans, ½ red bell pepper, sliced, and ½ cup of grapes.

POLENTA SQUARES & SAUSAGE BITES

Tomatoes & Pears

INGREDIENTS

FOR POLENTA SQUARES & SAUSAGE BITES

6 - 3” polenta squares, made ahead
** see prep guide*
1 cup cherry tomatoes, cut in half
½ cup mozzarella, shredded
2 turkey Italian sausage links (pre-cooked), sliced
Kosher salt and black pepper to taste

FOR PEARS

2 fresh pears

Omit cheese, add ½ cup edamame beans.

Omit sausage, increase cheese to 1 cup.

DIRECTIONS

PREP AHEAD

- Polenta squares

FOR POLENTA SQUARES & SAUSAGE BITES

1. Top polenta squares with tomato halves and sprinkle with mozzarella cheese and salt & pepper to taste.
2. If desired and time permitting, broil squares for 3-5 minutes before wrapping in foil for lunch.

SERVING SIZE:
3 polenta squares with 1 sausage link, sliced and one pear.

GRILLED CHICKEN STRIPS

Black Beans, Polenta, & Grapes

INGREDIENTS

FOR GRILLED CHICKEN STRIPS

Grilled chicken strips, made ahead from 1 breast ** see prep guide*

FOR BLACK BEANS

1 – 15 ounce can organic black beans
Dash of salt and pepper

FOR POLENTA

4 -6 polenta sticks, made ahead
** see prep guide*

FOR GRAPES

1 cup grapes

Replace chicken with ½ avocado.

DIRECTIONS

PREP AHEAD

- Grilled chicken strips
- Polenta sticks

ON LUNCH DAY

1. Arrange chicken strips and polenta sticks in the bottom of a small food container.
2. Pour black beans (including liquid) over polenta.
3. Season with a dash of salt and pepper.
Seal tightly to prevent spilling.

SERVING SIZE:
½ chicken breast with 2-3 polenta pieces with ½ cup beans and ½ cup grapes. (Pack each item individually if desired.)

QUESADILLA DAY!

Green Beans & Trail Mix

INGREDIENTS

FOR QUESADILLAS

4 whole wheat tortillas
1 Tablespoon oil for pan
1 cup white cheddar cheese

FOR GREEN BEANS

1 cup green beans, made ahead
** see prep guide*

FOR TRAIL MIX

½ cup trail mix, made ahead
** see prep guide*

Replace flour tortillas with corn tortillas.

Use 'Follow Your Heart' soy cheese; it melts well.

DIRECTIONS

PREP AHEAD

- Green beans
- Trail mix

FOR QUESADILLA

1. Prepare a simple quesadilla by lightly oiling skillet or grill pan and placing one tortilla down into pan.
2. Cover with ½ cup cheese and top with another tortilla. Allow cheese to melt and flip tortilla to brown the other side. Cut into wedges. Repeat steps 1 and 2 to make a second quesadilla.

SERVING SIZE:
1 quesadilla with ½ cup of green beans and a ¼ cup of trail mix.

LUNCH MENU

WEEK 2

MONDAY

ENGLISH MUFFIN TEA SANDWICHES

Hardboiled egg, Strawberries, and Sugar Snap Peas

TUESDAY

ROASTED TURKEY WRAPS

Zucchini sticks, Yogurt and Granola

WEDNESDAY

STIR-FRY VEGETABLES & TURKEY

Granola bar and Nectarine slices

THURSDAY

VEGETABLE SOUP

English Muffin Toast, Nectarines

FRIDAY

VEGETABLE & FRUIT KEBABS

Hardboiled eggs and Granola bars

SHOPPING LIST

MEAT / SEAFOOD

1 pound roasted turkey breast (deli)

VEGETABLES & FRUIT

2 medium tomatoes
1 medium cucumber
2 cups strawberries
2 cups sugar snap peas
4 leaves bibb lettuce
2 red bell pepper
2 medium zucchini
3 medium carrots
4 nectarines
1 pint blueberries

DAIRY

5 eggs (organic)
8 tablespoons cream cheese (½ cup) or hummus
1 cup non-fat greek yogurt

BAKERY / MISC

2 cups quick cooking oats
4 whole wheat english muffins
8 skewers/toothpicks

FROM THE PANTRY

6 Tablespoons olive oil
¾ cup + 2 T. raw honey
1 Tablespoon balsamic vinegar
1 teaspoon white wine vinegar
2 cups vegetable or chicken broth
½ cup whole wheat flour
1 teaspoon kosher salt

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

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

STIRFRY VEGETABLES

(SEE RECIPE SHEET)

ENGLISH MUFFIN TEA SANDWICHES

Hard Boiled Egg, Strawberries, & Sugar Snap Peas

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

Replace cream cheese with store-bought hummus.

Replace English muffin with Rudi's gluten-free English muffins.

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.

SERVING SIZE:
One sandwich with ½ cup strawberries, 1 hardboiled egg, ½ cup snap peas (if no snap peas are available, use ¼ cup frozen peas)

ROASTED TURKEY WRAPS

Zucchini Sticks and Yogurt & Granola

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
¼ 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 guide*

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*

Replace granola bar with 1 cup gluten-free granola.

Replace cream cheese with hummus, greek yogurt with coconut yogurt.

Pile up with vegetables instead of turkey!

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.

SERVING SIZE:
2 lettuce wraps, ½ cup yogurt with 1 Tablespoon of crumbled granola, and ½ zucchini with 2 Tablespoons dip

STIR-FRY VEGETABLES & TURKEY

Granola Bar & Nectarine Slices

INGREDIENTS

FOR STIR-FRY VEGETABLES & TURKEY

1-½ Tablespoons olive oil
½ lb. roasted turkey breast
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 guide*
2 granola bars ** see prep guide*
1 nectarine, sliced

Replace granola bar with 1 cup gluten-free granola.

Omit turkey.

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.

SERVING SIZE:
1/2 stir-fry with 1 granola bar and 1/2 of a sliced nectarine.

THURSDAY THERMOS SOUP

Toasted English Muffin & Nectarines

INGREDIENTS

FOR THURSDAY THERMOS SOUP

2 cups stir-fry vegetables
** see prep guide*
2 cups low sodium chicken or vegetable broth
2 English muffins, toasted
2 Tablespoons cream cheese, softened
2 nectarines

Use Rudi's gluten-free English muffins.

Replace cream cheese with hummus.

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.

SERVING SIZE:
1 cup stir-fry vegetables in 1 cup broth, 1 English muffin with 1 Tablespoon cream cheese, and 1 nectarine.

VEGETABLE AND FRUIT KEBABS

Hard Boiled Eggs & Granola Bars

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 guide*
Leftover granola bars ** See prep guide*
Leftover honey balsamic dressing (about 2 Tablespoons) ** See prep guide*

Omit 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.

SERVING SIZE:
2 vegetable kebabs, 2 fruit kebabs, 1 hardboiled egg, 1 granola bar, and 1 Tablespoon dressing.

HEALTHY LUNCH HABITS

CLEAR OUT THE JUNK

The best offense for health is to eliminate the junk from the kitchen. I don't know about you but if there is a cookie or bag of chips in the house, I can't deny an after school craving for salt and fat. Two of the biggest culprits of an unhealthy family food culture are chips and soda. Clear them out of the cupboards. They have no place in a healthy lunch.

Consider the ingredients and products you keep on hand. Read labels. Opt out of purchasing products that are high in preservatives, artificial flavors and coloring. When it comes to lunch, this can be difficult. There are hundreds of food products lining the shelves promising to make packing lunch easier. Walk on by. You can do better without processed junk. Your children's teachers will thank you for clearing out the junk because kids that eat healthy food during the day have more energy, better concentration and perform better academically. That's a fairly compelling reason to stay away from processed cheese dip and cookie pouches.

PLAN AHEAD

I can't emphasize enough how much a little planning can ward off frustration on busy mornings. Make as much as you can at the beginning of the week so making lunch can be a grab and go process. Another trick is to prep lunch just before bedtime as part of the wind down routine.

Stock your pantry with healthy, frequently eaten non-perishables. If you have a healthy supply of nut butter and honey, lunch can never be too far behind. Buy oatmeal, pasta, granola bars, etc. in bulk so you will always have enough fill-ins when you are running low on lunch ideas.

PICKY EATERS

This is one of the hardest elements to plan for. How do you know that all that delicious, real food you prepare will get eaten by your picky eater? Well, you don't. There is a light at the end of the tunnel.

One of the best ways to battle a picky eater is to get them involved. Give them a list of lunch foods so you can discuss their preferences and mark their favorites. Put the desired foods in each lunch and introduce new foods a little bit at a time. Make a calendar and stick it to the fridge so kids know what to expect each day. Most importantly, listen to their concerns or aversions to foods and try to create solutions together. We all like to have a say, kids are no different.

LUNCH MENU

WEEK 3

MONDAY

PESTO PASTA

Tomatoes, Canteloupe squares

TUESDAY

SLOPPY JOES

Applesauce, Carrot sticks

WEDNESDAY

LUNCH FRITATTA CUPS

Walnuts, Raspberries

THURSDAY

3 INGREDIENT CHILI

Apple slices

FRIDAY

OPEN FACED HAM PESTO SANDWICHES

Canteloupe wedges

SHOPPING LIST

MEAT / SEAFOOD

1 pound ground beef
or turkey
9 slices deli ham

VEGETABLES & FRUIT

1 large bunch basil
4 apples
3 medium tomatoes
(or 2 pints cherry tomatoes)
½ medium canteloupe
4 medium carrots
1 cup raspberries

DAIRY

¼ cup parmesan cheese
(grated)
1 cup shredded cheese (any
variety)
4 large organic eggs
¼ cup organic milk

BAKERY / MISC

¾ cup walnuts
3 whole wheat hamburger
buns
1-15 oz can black or pinto
beans

FROM THE PANTRY

⅓ cup + 2 T. olive oil
1 teaspoon dried oregano
1 teaspoon dried cumin
¼ pound whole grain penne
½ cup vegetable or chicken broth
1 teaspoon kosher salt
1 teaspoon black pepper
1 garlic clove

PREP AHEAD

PESTO

1 large bunch fresh basil, stems removed
¼ cup walnuts
¼ cup grated Parmesan
⅓ cup olive oil
¼ teaspoon black pepper
1 garlic clove

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 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

1 pound ground beef or turkey
1 teaspoon dried oregano
1 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.

COOK PASTA

(SEE RECIPE SHEET)

PESTO PASTA

Tomatoes & Cantaloupe squares

INGREDIENTS

FOR PESTO PASTA

¼ pound whole grain penne pasta
1 Tablespoon olive oil
⅔ cup prepared pesto ** see prep guide*

FOR TOMATOES

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

FOR CANTELOUPE SQUARES

¼ cantaloupe, cut into 1” squares

Omit parmesan in pesto and increase walnuts to ½ cup.

Use quinoa or brown rice pasta.

DIRECTIONS

PREP AHEAD

- Pesto
- Pasta

FOR PESTO PASTA MAKE AHEAD

1. Cook pasta according to package instructions. Drain. Do not rinse.

2. Toss cooked pasta with 1 Tablespoon olive oil to prevent sticking.

ON LUNCH DAY

3. Toss pasta with pesto until well combined. Divide pasta equally into two lunch containers.

SERVING SIZE:
1-½ cups pasta with ½ of a tomato and ½ cup cantaloupe squares.

SLOPPY JOES

Applesauce & Carrot sticks

INGREDIENTS

FOR SLOPPY JOES

2 cups meat and tomato mixture, made ahead ** see prep guide*
½ cup low sodium chicken or vegetable broth
½ cup shredded cheese (any variety)
2 whole wheat hamburger buns

FOR APPLESAUCE

2 cups applesauce ** see prep guide*

FOR CARROT STICKS

2 medium carrots, peeled and cut into sticks

Use Rudi's gluten-free hamburger buns.

Replace cheese with ½ avocado, mashed.

Replace meat with 1 - 8 ounce package of tempeh, crumbled.

DIRECTIONS

PREP AHEAD

- Meat and tomato mixture

FOR SLOPPY JOES

1. Re-heat meat/tomato mixture with stock in microwave. Divide into two heatproof lunch containers or thermoses.
2. Pack with a whole wheat bun and a small container of cheese for assembling at school or office. Serving size is 1 sloppy joe with 1 cup of applesauce and carrot sticks.

SHORT CUTS:
Buy your favorite brand of no sugar added, organic applesauce.
Buy precut organic baby carrots.

LUNCH FRITATTA CUPS

Walnuts & Raspberries

INGREDIENTS

FOR LUNCH FRITTATA CUPS

1 Tablespoon olive oil for muffin pan
4 large organic eggs
¼ cup organic milk or 3 Tablespoons water
¼ teaspoon black pepper
3 slices quality deli ham (lean), chopped
2 Tablespoons prepared pesto ** see prep guide*

FOR WALNUTS

½ cup walnuts

FOR RASPBERRIES

1 cup fresh raspberries

Omit milk from frittatas; omit parmesan from pesto and increase walnuts to ½ cup.

Omit ham.

DIRECTIONS

PREP AHEAD

- Pesto

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 3 frittatas in each lunch container and store in fridge until ready to serve. This can be served cold, or you can re-heat in the microwave for 20 seconds. Serving size is 3 mini frittatas with a ¼ cup of walnuts and ½ cup raspberries per serving.

SHORT CUT:
This whole recipe may be made ahead and reheated on lunch day.

THERMOS THURSDAY 3 INGREDIENT CHILI

Apple slices

INGREDIENTS

FOR 3 INGREDIENT CHILI

2 cups meat and tomato mix ** see prep guide*
1-15 ounce can organic beans, black or pinto; with liquid
½ teaspoon ground cumin
½ cup shredded cheese for chili topping or 1 organic cheese stick

FOR APPLE SLICES

2 apples, cored and sliced

Replace cheese with ½ avocado, sliced.

Replace meat with 1 - 8 ounce package of tempeh, crumbled.

DIRECTIONS

PREP AHEAD

- Meat & tomato mix

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.

SERVING SIZE:
1 1/2 cups chili with 1/4 cup cheese and 1 apple.

OPEN FACED HAM PESTO SANDWICHES

Cantaloupe wedges

INGREDIENTS

FOR HAM PESTO SANDWICHES

6 slices lean ham
2 Tablespoons prepared pesto **see prep guide*
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)

FOR CANTALOUPE WEDGES

¼ cantaloupe fruit, cut into two wedges

Omit parmesan in pesto and increase walnuts to ½ cup.

Use Rudi's gluten-free hamburger buns.

Replace ham with ½ avocado, sliced.

DIRECTIONS

PREP AHEAD

- Pesto

FOR HAM PESTO SANDWICHES

1. Spread pesto on each half of bun.
2. Layer 3 slices of ham on each half to make 2 servings
3. Use pantry dressing as dip for carrots. Serve with cantaloupe.

SERVING SIZE:
1 sandwich, 1 carrot with ⅛ cup dressing, and ⅛ cantaloupe.

START HERE!

1. CHOOSE A PROTEIN

MEAT

- Lean Black Forest Ham
- Lean Roast Beef
- Organic Chicken Breast
- Roasted Turkey
- Salmon
- White Meat Tuna

BEANS

- Black
- Cannellini
- Garbanzo
- Kidney
- Pinto
- Soy
- Tofu

DAIRY

- Cottage Cheese
- Cheddar Cheese
- Goat Cheese
- Part-Skim Mozzarella
- Plain Yogurt
- Reduced Fat Cream Cheese

2. PICK A VEGETABLE

RAW

- Bell Peppers
- Carrots
- Celery
- Cherry Tomatoes
- Green Beans
- Zucchini

STEAMED

- Broccoli
- Cauliflower
- Corn
- Peas
- Seaweed

ROASTED

- Broccoli
- Kale
- Potatoes
- Pumpkin
- Seaweed (Nori)
- Tomatoes

3. GRAB SOME FRUIT

FRESH

- Apple
- Apricot
- Avocado
- Banana
- Cherry
- Grape
- Kiwi
- Mango
- Nectarine
- Papaya
- Peach
- Pear
- Pineapple
- Raspberry
- Strawberry

DRIED

- Apricot
- Mango
- Nectarine
- Papaya
- Pineapple

4. ADD A GRAIN

- Bagel
- Cereal
- Couscous
- Crackers
- English Muffin
- Oatmeal
- Pasta
- Pita
- Polenta
- Rice
- Rice Cake
- Tortilla
- Wheat Bread
- Wheat Crackers

5. MAYBE A TREAT?

- Applesauce
- Granola
- Pretzels
- Trail Mix

6. DIP

- Homemade Ranch
- Honey Mustard
- Hummus
- Pesto
- Salsa
- Yogurt Herb

LUNCH MENU

MONDAY

GRILLED CHICKEN PLATE

Zucchini rounds & Tomato wedges

TUESDAY

ROAST BEEF HUMMUS WRAPS

Cottage Cheese and Grapes

WEDNESDAY

GRILLED CHEESE AND TOMATO

Celery sticks & Cucumber rounds

THURSDAY

CHICKEN NOODLE SOUP

Toast points

FRIDAY

VEGETABLE HUMMUS WRAP

Grapes

SHOPPING LIST

MEAT / SEAFOOD

2 organic chicken breasts
1/3 lb. natural roast beef (about 6 slices)

VEGETABLES & FRUIT

2 medium carrots
4 celery ribs/stalks
½ medium onion
1 zucchini
3 roma tomatoes
1 cucumber
1/2 cup baby spinach
3 cups fruit of choice

DAIRY

1 cup monterey jack cheese
1 cup cottage cheese

BAKERY / MISC

4 whole wheat tortillas
6 slices whole wheat bread
1 cup hummus

FROM THE PANTRY

3 Tablespoons olive oil
½ teaspoon kosher salt
1 teaspoon black pepper
1 teaspoon cumin
4 cups vegetable or chicken broth
1 teaspoon dried oregano

PREP AHEAD

GRILLED 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.

GRILLED CHICKEN PLATE

Zucchini rounds and Tomato wedges

INGREDIENTS

FOR GRILLED CHICKEN PLATE

1 grilled chicken breast, sliced ** See prep sheet*
½ zucchini, cut into half inch rounds
1 medium tomato, cut into wedges
1 cup fresh fruit of your choice
¼ cup dressing of your choice (www.thefresh20.com/pantrydress-ings)

Replace chicken with ½ avo-cado and 1 hardboiled egg.

DIRECTIONS

PREP AHEAD

- Grilled chicken

FOR GRILLED CHICKEN PLATE

1. 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.

SERVING SIZE:
½ grilled chicken breast, ¼ zucchini, ½ tomato, ½ cup fresh fruit, with ⅛ cup dressing.

ROAST BEEF HUMMUS WRAPS

Cottage Cheese and Grapes

INGREDIENTS

FOR ROAST BEEF HUMMUS WRAPS

1/3 pound organic roast beef (we suggest http://www.applegatefarms.com/products/natural_roast_beef.aspx)
½ cup plain hummus spread
½ cucumber cut into slices
¼ cup baby spinach leaves
2 whole wheat flour tortillas, burrito size

FOR COTTAGE CHEESE

1 cup cottage cheese

FOR GRAPES

1 cup grapes or fruit of your choice

Omit cottage cheese.

Replace flour tortillas with corn tortillas or gluten-free bread.

Replace roast beef with ½ avocado, sliced.

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 ½ cup of cottage cheese or yogurt and ½ cup grapes for each lunch.

SERVING SIZE:

1 wrap with ½ cup cottage cheese and ½ cup grapes.

GRILLED CHEESE & TOMATO

Celery sticks & Cucumber rounds

INGREDIENTS

FOR GRILLED CHEESE AND 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

FOR CELERY STICKS

2 celery stalks/ribs, cut into sticks

FOR CUCUMBER ROUNDS

½ cucumber, cut into rounds

Try Follow My Heart soy cheese; it melts well.

Use gluten free bread

DIRECTIONS

FOR GRILLED CHEESE AND 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.

SERVING SIZE:
1 sandwich with 1 celery rib and ¼ cucumber

THERMOS THURSDAY CHICKEN NOODLE SOUP

Toast points

INGREDIENTS

FOR CHICKEN NOODLE SOUP

Chicken noodle soup base, 1 ½ cups per serving. ** See prep guide*
1 grilled chicken breast ** See prep guide*

FOR TOAST POINTS

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

Use gluten free bread and make sure your stock is gluten-free.

Use vegetable stock, omit chicken and add mushrooms.

DIRECTIONS

PREP AHEAD

- Chicken noodle soup base
- Grilled chicken

FOR CHICKEN NOODLE SOUP

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

SERVING SIZE:

1 ½ cups soup with 1 slice toast.

VEGGIE HUMMUS WRAPS

Grapes

INGREDIENTS

FOR VEGGIE HUMMUS WRAPS

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

FOR GRAPES

1 cup of grapes
(or your choice of fruit)

Use corn tortillas.

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 ½ cup serving of grapes

SERVING SIZE:
1 wrap with ½ cup grapes

FAVORITE SNACKS

- String Cheese
- Apples

- Popcorn
- Raisins

- Trail Mix
- Yogurt

- Homemade Granola Bars
- Whole Grain Waffles

- Honey
- Sliced Bananas

- Whole Grain Pretzels
- Cheddar Cheese Cubes

- Brown Rice Cakes
- Reduced Fat Cream Cheese

- Strawberries
- Baked Tortilla Wedges

- Fresh Salsa
- Cut Vegetables

- Honey Yogurt Dip
- Apple Slices

- Peanut Butter
- Hummus

- Carrot Sticks
- Quesadillas

- Applesauce
- Tomatoes

- Cottage Cheese
- Avocado with Honey

- Fruit and Yogurt Smoothies
- Edamame

- GoGo Squeez
- Attune Probiotic Bars

- Blue Diamond Nut Thins
- Stretch Island Fruit Leather

- Pirate's Booty Multi-Pack

LUNCH MENU

WEEK 5

MONDAY

TUNA STUFFED TOMATOES

Pita wedges & Fruit

TUESDAY

BLUEBERRY MUFFIN

Yogurt Parfait

WEDNESDAY

PITA SAUSAGE PIZZA

Applesauce

THURSDAY

TOMATO SOUP

Fresh fruit

FRIDAY

BROCCOLI SAUSAGE PENNE

Blueberries

SHOPPING LIST

MEAT / SEAFOOD

5-6 oz. fresh tuna filet
2 links turkey Italian sausage

VEGETABLES & FRUIT

6 beefsteak tomatoes
1 cup broccoli florets
¼ cup white mushrooms
1 onion
2 cups blueberries
6 cups fresh fruit of your choice
1 ¼ cup organic applesauce

DAIRY

2 cups + 2 T. plain greek yogurt
¾ cup 2% milk
1 organic egg
½ cup fresh mozzarella, shredded

BAKERY / MISC

4 whole wheat pita
¼ cup almonds or walnuts
3 teaspoons baking powder

FROM THE PANTRY

3-½ Tablespoons olive oil
¼ cup raw honey
1 cup whole wheat penne
2 Tablespoons tomato paste
3 cloves garlic
1 teaspoon Dijon mustard
4 cups vegetable or chicken broth
2 cups whole wheat flour
2 teaspoons kosher salt
2 teaspoons dried oregano
1-1/4 teaspoons black pepper

PREP AHEAD

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. Toss in pita bread. Transfer to blender and puree until smooth

PENNE PASTA

(SEE RECIPE SHEET)

TUNA SALAD STUFFED TOMATOES

Pita wedges & Fresh fruit

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

FOR PITA CHIPS

1 whole wheat pita round, cut into wedges and toasted

FOR FRESH FRUIT

2 cups fresh fruit for side

Replace yogurt with ½ T. lemon juice; increase olive oil to 1 T.

Replace pita with corn tortillas.

Replace tuna with 5-6 ounces white beans, drained and rinsed

DIRECTIONS

FOR TUNA SALAD STUFFED TOMATOES

1. Heat 1 Tablespoon olive oil in a sauté pan or skillet. Sprinkle tuna 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.
Combine yogurt, mustard, olive oil, onion and seasonings.
3. Combine with tuna fish.
4. Remove the core from the tomatoes. Carve out a 2" hole in the center of the tomato. Fill with tuna salad.
5. Serve extra tuna salad on the side with toasted pita and a side of fruit.

SERVING SIZE:
1 stuffed tomato with ½ pita and 1 cup of fruit

BLUEBERRY MUFFIN

Yogurt Parfait

INGREDIENTS

FOR YOGURT PARFAIT

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

FOR BLUEBERRY MUFFIN

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

Use coconut yogurt.

Use corn or brown rice flour in muffins.

DIRECTIONS

PREP AHEAD

- Blueberry muffins

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.

SERVING SIZE:
1 ½ cups parfait with 1 or 2 muffins

PITA SAUSAGE PIZZAS

Applesauce

INGREDIENTS

FOR PITA SAUSAGE PIZZAS

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

FOR APPLESAUCE

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

Omit cheese and increase mushrooms to ½ cup.

Replace pita with corn tortillas.

Omit sausage and increase mushrooms to ½ cup.

DIRECTIONS

PREP AHEAD

- Marinara sauce

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.

SERVING SIZE:
1 pizza with ½ cup applesauce

THERMOS THURSDAY TOMATO SOUP

Fresh Fruit

INGREDIENTS

FOR TOMATO SOUP

Tomato soup ** see prep guide*

FOR FRESH FRUIT

2 cups fresh fruit of your choice

Replace pita with corn tortillas and make sure your broth is gluten-free.

Replace chicken stock with vegetable stock.

DIRECTIONS

PREP AHEAD

- Tomato soup

FOR THURSDAY THERMOS SOUP

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

SERVING SIZE:

1 1/2 cups soup with 1 cup fresh fruit.

BROCOLLI SAUSAGE PENNE

Blueberries

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 * *see prep gudie*

FOR BLUEBERRIES

1 cup blueberries

Use gluten-free pasta and make sure sausage, broth, and tomato paste are gluten-free.

Replace sausage with 6 ounces white beans, drained and rinsed.

DIRECTIONS

PREP 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.

SERVING SIZE:
1 ½ cups pasta with ½ cup blueberries

LUNCH MENU

WEEK 6

MONDAY

NUT BUTTER & HONEY QUESADILLA

Applesauce, Yogurt, & Zucchini

TUESDAY

BAKED CHICKEN NUGGETS

Carrots sticks & Fresh fruit

WEDNESDAY

FANCY HAM WRAP

Applesauce & Tomato wedges

THURSDAY

PASTA PRIMAVERA

Fresh fruit

FRIDAY

PANCAKES

Maple Yogurt & Raisins

SHOPPING LIST

MEAT / SEAFOOD

1 large organic chicken breast
8 ounces black forest ham, thinly sliced

VEGETABLES & FRUIT

2 medium zucchini
1 medium banana
3 medium carrots
4 servings fresh fruit of your choice
2 medium tomatoes
4 whole leaves butter lettuce
1 lemon
½ cup raisins

DAIRY

2 slice organic deli cheese
2 cups nonfat greek yogurt
2 large organic eggs
1 cup 2% organic milk

BAKERY / MISC

4 no sugar added applesauce cups
4 whole wheat tortillas
4 Tablespoons nut butter
1 cup oatmeal
1 cup breadcrumbs
1 teaspoon baking powder
2 teaspoons baking soda

FROM THE PANTRY

5 Tablespoons olive oil
3 Tablespoons raw honey
1 teaspoon dried oregano
½ cup 100% pure maple syrup
1 clove garlic
1 cup vegetable or chicken broth
1 cup whole wheat flour
1-½ teaspoon kosher salt
6 ounces whole wheat spaghetti
¾ teaspoon black pepper

PREP AHEAD

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

1. Heat oven to 375 degrees F. 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.

2. In a small bowl, whisk together water and egg. In medium dish, combine bread crumbs, and oregano.
3. 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.
4. Repeat with other pieces, making sure that the baking sheet is not overly crowded.
5. Place in oven for 15 minutes or until chicken is no longer pink on inside.
6. Wrap in two individual foil packs of 4-6 chicken nuggets each and place in fridge until lunch day.

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

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.

PANCAKES

(SEE RECIPE SHEET)

NUT BUTTER & HONEY QUESADILLA

Applesauce, Yogurt, & Zucchini

INGREDIENTS

FOR NUT BUTTER AND 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
1 Tablespoon of honey to sweeten yogurt

FOR APPLESAUCE

2 prepackaged cups of no sugar added organic applesauce

FOR ZUCCHINI

1 medium zucchini, cut into ½" thick rounds

Use coconut yogurt.

Substitute 4 gluten free bread slices and make sandwiches.

DIRECTIONS

FOR NUT BUTTER AND 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.

SERVING SIZE:
2 quarters of quesadilla with ½ cup honey-yogurt and ½ zucchini

BAKED CHICKEN NUGGETS

Carrot sticks & Fresh fruit

INGREDIENTS

FOR BAKED CHICKEN NUGGETS

Chicken nuggets ** see prep guide*

FOR CARROT STICKS

2 medium carrots, peeled and cut into matchsticks

FOR FRESH FRUIT

2 servings fresh fruit of your choice

Use gluten-free breadcrumbs or or your favorite unsweetened gluten-free cereal, crushed.

Replace chicken with ½ block of extra-firm tofu, pressed between paper towels to remove excess moisture.

DIRECTIONS

PREP AHEAD

- Chicken nuggets

FOR BAKED CHICKEN NUGGETS

1. To reheat on lunch day, place in oven for 5 minutes at 350 degrees F. Serve with carrot sticks and fresh fruit (plum or orange)

SERVING SIZE:
½ of chicken nuggets with 1 carrot and 1 piece of fresh fruit.

FANCY HAM WRAP

Applesauce & Tomato wedges

INGREDIENTS

FOR FANCY HAM WRAP

2 whole wheat tortillas
8 ounces of lean, sliced Black Forest ham (ask butcher/deli for best quality)
4 leaves butter lettuce (whole)
2 slices any variety cheese (organic recommended)
¼ cup pantry dressing (www.the-fresh20.com/pantrydressings)

FOR APPLESAUCE

2 cups prepackaged no sugar added applesauce

FOR TOMATO WEDGES

1 medium tomato, cut into wedges

Omit cheese.

Use gluten free bread or corn tortillas.

Replace ham with ½ avocado.

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.

SERVING SIZE:
1 wrap with 1 cup applesauce and ½ tomato

THERMOS THURSDAY PASTA PRIMAVERA

Fresh fruit

INGREDIENTS

FOR PASTA PRIMAVERA

Pasta primavera ** see prep guide*

FOR FRESH FRUIT

2 servings fresh fruit of your choice

Use gluten-free pasta.

DIRECTIONS

PREP AHEAD

- Pasta primavera

FOR PASTA PRIMAVERA

1. On lunch day, reheat vegetables and toss with plain cooked spaghetti. Transfer to thermos and seal. Serve with fruit on the side.

SERVING SIZE:
1 ½ cups pasta with 1 piece fresh fruit

PANCAKES

Maple Yogurt & Raisins

INGREDIENTS

FOR PANCAKES

1 cup oatmeal
1 cup whole wheat flour
2 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
1 cup milk
1 lemon, juiced
2 Tablespoon olive oil
1 egg
¼ cup maple syrup (100%)

FOR MAPLE YOGURT

1 cup plain, non-fat Greek yogurt
¼ cup maple syrup (100%)

FOR RAISINS

½ cup raisins, divided in half

Substitute Bob's Red Mill certified gluten free oats and your favorite gluten-free flour.

Replace milk with rice or almond milk, or water; replace Greek yogurt with coconut yogurt.

DIRECTIONS

PREP AHEAD

- Pancakes

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 ¼ cup maple syrup with an electric mixer until smooth.
4. Lightly oil a skillet or griddle, and preheat it to medium heat.
5. Ladle 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 ¼ cup maple syrup. Serve on side of pancakes in a small, leak proof container with raisins on the side.

SERVING SIZE:
1 or 2 pancakes with 1/2 cup maple-yogurt and 1/4 cup raisins

NO BAKE GRANOLA BARS

Makes about 10 bars

INGREDIENTS

FOR NO BAKE GRANOLA BARS

1 cup dates or figs, pitted
¼ cup 100% maple syrup or honey
¼ cup nut butter of choice
1 cup roasted unsalted almonds, roughly chopped
1 ½ cups rolled oats
½ cup shredded coconut (optional)

DIRECTIONS

FOR NO BAKE GRANOLA BARS

1. Process figs or dates in a food processor until smooth.
2. Combine maple syrup and nut butter in a medium saucepan over low heat.
3. Add oats, nuts, fig/dates and optional coconut to saucepan and stir to combine.
4. Once thoroughly mixed, transfer to a lined 8×8 pan (so they lift out easily).
5. Press down until uniformly flattened. Cover with parchment or plastic wrap, and let set in fridge or freezer for 15-20 minutes to harden.
6. Remove from pan and cut into bars. Store in an airtight container for up to a few days.