

# LUNCH: WEEK TWO



This week: 1- English Muffin Tea Sandwiches 2-Turkey Wraps 3-Veggie Stir-fry 4- Thermos Soup 5-Vegetable/Fruit Kebabs

Got it!	Meat / Seafood	Quantity	Notes
	roasted deli turkey	2/3 pound	check for unprocessed
	organic eggs	4 large	

Got it!	Vegetables & Fruit	Quantity	Notes
	tomato	2 medium	
	cucumber	1 large	
	snap peas or frozen peas	2 cups	
	carrots	3 medium	
	red bell pepper	2 medium	
	zucchini	2 medium	
	bibb lettuce	1/2 head	any large green leaf works.
	strawberries	1 pound	3 cups
	blueberries	1 pint	approx 1 cup
	nectarines or peaches	4 medium	

Got it!	Dairy	Quantity	Notes
	cream cheese	6 ounces	
	plain Greek yogurt	6 ounces	

Got it!	Bakery/Misc	Quantity	Notes
	whole wheat English muffins	4	
	oatmeal	2 cups	quick cute okay
	chicken or vegetable stock	2 cups	14 or 15 ounce can

Got it!	Pantry Items
	balsamic vinegar
	extra virgin olive oil
	natural raw honey
	ground cumin
	kosher salt
	black pepper