

## Menu

**Monday** – Bean and Cheese Burrito, Edamame Beans, Pears, Simple Trail Mix

**Tuesday** – Chicken Pasta Salad, Green Beans, Red Bell Peppers, Grapes

**Wednesday** – Polenta Squares, Tomatoes, Sausage Bites, Pears

**Thursday** – Grilled Chicken Slices, Black Beans, Polenta Sticks, Grapes

**Friday** – Quesadilla, Green Beans, Simple Trail Mix

### SIMPLE LUNCH ALTERNATES:

A) Chicken Cubes, Edamame Beans, Cherry Tomatoes, Black Beans

B) Sliced Turkey Italian Sausage, Cheese Quesadilla, Red Pepper Sticks

## Week One Prep

### Grill Chicken

Split two boneless, skinless chicken breasts in half lengthwise to create 4 thick pieces. Season chicken pieces with 1/4 teaspoon each, kosher salt, black pepper and cumin. Heat 1 Tablespoon olive oil in a medium skillet over high heat. Sear chicken in the pan for 4-5 minutes each side. Remove from heat and allow to cool. Store in an airtight container until ready to use.

*Vegetarian Option: Slice tofu block into 4 equal pieces. Season with 1/4 teaspoon each, kosher salt, black pepper and cumin. Heat 1 Tablespoon olive oil in a medium skillet over high heat. Sear tofu in the pan for 2-3 minutes each side. Remove from heat and allow to cool. Store in an airtight container until ready to use.*

### Trail Mix

Divide nuts and raisins evenly into 4 small snack containers. Shake to mix. Set aside for lunch snack.

### Blanch Green Beans

Boil 3 cups of water in a medium stock pot. Add trimmed green beans into the boiling water for no more than one minute. Lift out beans and run under cold water immediately. Dry beans completely with a paper towel. Divide into 4 snack containers until ready to use. Add a small piece of paper towel inside container to absorb any extra liquid. Store for up to three days.

### Cook Polenta

Boil 2-1/2 cups water. Add ¼ teaspoon salt. Slowly stir in polenta. Reduce to simmer and cook, stirring frequently to reduce clumping. Pour polenta into a lightly oiled loaf pan or square baking dish. Allow to cool before cutting into 4-6 squares and 4-6 sticks. Store polenta in an airtight container until ready for lunch.

## Bean and Cheese Burrito

1/2 Tablespoon extra virgin olive oil  
2 whole wheat flour tortillas  
1 cup black beans, drained and mashed  
1 cup part-skim mozzarella cheese, shredded or Follow Your Heart soy cheese

Warm tortillas in the microwave for ten seconds.

Spread ½ cup of beans on middle of each tortilla.

Top with shredded cheese.

Fold tortilla towards middle only 2/3 of the way. Fold ends towards middle.

Fold remaining edge over all the other exposed edges so that only one seam is visible.

Press to seal. Enjoy.

Serve with ¼ cup cold edamame beans, ¼ cup trail mix and 1 pear

## Chicken Pasta Salad

2 Tablespoons olive oil  
2 cups whole wheat penne pasta cooked according to package instructions  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
1 cup grilled chicken, cut into small ½" cubes  
1 cup edamame beans, ready to eat  
1 cup cherry tomatoes cut in half

Toss pasta in olive oil. Sprinkle in salt and pepper. Add chicken and edamame beans. Fold in tomatoes. Divide into two portions. Can be served warm with chicken or at room temperature without chicken.

Serve with 6 green beans and ¼ red bell pepper sliced into sticks.

Side of grapes (1 cup)

*Vegetarian Option: Substitute extra firm tofu pieces for chicken.*

## Polenta Squares and Sausage Bites

Six 3" polenta squares (made ahead of time)  
1 cup cherry tomatoes, cut in half  
½ cup mozzarella, shredded  
2 turkey Italian sausage links (pre-cooked variety)  
Kosher salt and black pepper to taste  
2 fresh pears

Top polenta squares with tomato halves and sprinkle with mozzarella cheese. Add a dash of salt and/or pepper. If desired and time permitting, broil squares for 3-5 minutes before wrapping in foil for lunch.

Slice sausage into rounds.

Cut pear into wedges.

*Vegetarian Option: Substitute Italian sausage links with large Portobello mushroom caps. Remove stem and black gills from bottom of mushroom. Heat 1 Tablespoon olive oil in a medium skillet or grill pan and sear mushroom caps for 2 minutes each side. Mushrooms should still be firm. Cut into strips.*

## Thursday Plate

Cut chicken into strips. Cut strips of cooked polenta and arrange in the bottom of a small food container. Pour black beans (including liquid) over polenta. Finish with chicken on top and seal tightly to prevent spilling. Serve with a side of grapes. You can also pack each item individually for picky eaters.

*Vegetarian Option: Mix the beans and the polenta together as directed and store seared tofu slices on the side.*

## Quesadilla Day!

Prepare a simple quesadilla by lightly oiling skillet or grill pan and placing one tortilla down into pan. Cover with cheese and top with another tortilla. Allow cheese to melt and flip over tortilla to prevent one side from getting too crisp. Cut into wedges.

Serve with a side of green beans and a small portion of trail mix.

Send a piece of fruit on the side.