

## LUNCH IDEAS

Lunch: Black Bean Salad in a Jar (serves 1)

1-wide mouth quart size jar      ¼ cup salsa  
2 ounces plain greek yogurt      1/3 cup cherry tomatoes, halved  
1 T red onion, chopped      1/3 can black beans, drained and rinsed  
3 ounces packaged frozen corn, thawed      1/3 avocado, peeled and chopped  
1 ounce pepper jack cheese, cut into mini cubes  
1 cup chopped romaine      1 T chopped cilantro  
½ lime

Directions: In the mason jars pour ¼ cup of salsa. IN THIS ORDER: add the greek yogurt, and juice the ½ lime. Next add tomatoes then following with onions, black beans, corn, avocado, cheese, and ending with romaine and cilantro. When ready to eat pour into a bowl, mix together, and enjoy!

Lunch: Chicken and Spinach Salad Jar (serves 1)

In bottom of mason jar whisk together:

1.5 tsp red wine vinegar      1.5 tsp Dijon mustard  
1/8 tsp thyme      pinch of sea salt  
pinch of ground black pepper      1.5 T extra virgin olive oil  
¼ tsp of raw honey

Leave dressing in jar and layer IN THIS ORDER: reserved chicken from yesterday, ½ cup red grapes, halved, 2 T walnuts, chopped, 2 T feta, 1-2 cups baby spinach. Top with lid and you're ready to go! When ready to serve, shake and serve in a bowl.

Chef Salad in a Jar (serves 1)

1.5 tsp red wine vinegar      1.5 tsp Dijon mustard  
1/8 tsp thyme      pinch of sea salt  
pinch of ground black pepper      1.5 T extra virgin olive oil  
¼ tsp of raw honey

Mix ingredients (same as Tuesday's), then layer in THIS order:

½ cup carrot matchsticks, 1/3 cup black olives, sliced, ¼ cup diced cucumber, 1/3 cup diced tomato, ¼ cup chopped bell pepper, 2 hard boiled eggs diced, romaine to fill to top. When ready to serve shake and serve in a bowl.

Quick and Easy Lunch:

**Lunch:** Baked Sweet Potato

1 medium sweet potato

1 tsp olive oil

Dash of salt and pepper

Directions: Cut thin slices almost (but not all the way) through potato. Drizzle with oil, salt and pepper.

Bake at 425 for 40 minutes. Serve with side salad of 2 cups mixed greens, ¼ cucumber, 3 grape tomatoes and 1 tbsp balsamic vinaigrette

Turkey Pita

3oz turkey breast

¼ avocado

1 tbsp hummus

3 slices cucumber

½ 6-in whole wheat pita (freeze remainder of pitas for up to 3 months)

Directions: Assemble all ingredients inside pita. Serve with a small apple.

Egg Salad Wrap

2 hard-boiled eggs, yolk removed from one

1/4C low-fat cottage cheese

Whole wheat tortilla (approx. 70 calories)

1 Tbsp dried dill (optional)

Salt and pepper to taste

Directions: Chop up hard boiled eggs and mix with cottage cheese, mustard, salt, pepper & herbs. Place into tortilla and wrap up.

