
















# HOW TO PREP LUNCHES FOR THE WHOLE WEEK

The key to avoiding meal fatigue is to change up your flavor combinations. Use your Recommended Foods List to simply cut and paste your favorite items into each food category using the portions listed below. Use this idea guide for individual meals or for prepping the entire work week ahead!

Pick Your Flavor Combo	Al Fresco	Mediterranean	Indian	Southwest	Asian	Thai
<p><b><u>Dressing/Sauce</u></b> Per meal: 2TbIs For the week: 1 cup</p>	<p>Lemon Herb Rosemary Tahini Caesar</p> 	<p>Bruschetta Sauce Pesto Balsamic Tomato Sauce</p>	<p>Curry Marinade Chutney Tikka Masala</p>	<p>Zesty Lime Sauce Green Goddess Salsa</p> 	<p>Soy Marinade Asian Sesame Miso Sauce Tamari Peanut</p>	<p>Spicy Peanut Thai Curry Coconut Ginger</p>
<p><b><u>Veggies</u></b> Per meal: 1 ½ -2 cups For the week: 8-10 cups</p>	<p>Spinach Romaine Beets Arugula Cucumbers Roasted Asparagus</p>	<p>Kale Tomatoes Roasted Zucchini Red Onion Roasted Bell Peppers</p>	<p>Spinach Roasted Eggplant Cauliflower Carrots</p> 	<p>Roasted Zucchini Radishes Bell Peppers Onion Romaine Cabbage</p>	<p>Broccoli Bell Peppers Snap Peas Cabbage</p> 	<p>Eggplant Zucchini Broccoli Mushrooms Bell Peppers Bok Choy</p>
<p><b><u>Protein</u></b> Per meal: 4-6oz For the week: 1 ½ -2 lbs</p>	<p>Roasted Chicken Chickpeas Hard-Boiled Egg</p> 	<p>Salmon</p>  <p>Ground Turkey Meatballs</p>	<p>Tofu Chickpeas Lentils Yogurt Mung Beans</p>	<p>Grilled Fish</p>  <p>Black Beans Flank Steak Shredded Pork</p>	<p>Tofu Tempeh Chicken Shrimp Ground Turkey Edamame</p>	<p>Beef Tofu Edamame Shrimp</p> 
<p><b><u>Carbs</u></b> Per meal: ¼ - ½ cup For the week: 1 ¼ - 2 ½ cups</p>	<p>Quinoa</p>  <p>Berries Apple Slices</p>	<p>Lentil Pasta Roasted Potatoes Farro Spaghetti Squash</p>	<p>Basmati Rice Sweet Potato Squash</p> 	<p>Quinoa Squash Plantains Corn Hominy Mango</p>	<p>Soba Noodles Rice Noodles Jasmine Rice Tangerine Slices</p> 	<p>Basmati Rice Squash Sweet Potato Pineapple Rice Noodles</p>

<p><b><u>Toppings</u></b>  Per meal:  2-4 Tbls</p> <p>For the week:  1 cup</p>	<p>Sunflower Seeds  Slivered Almonds  Fat Free Feta  Tempeh Croutons</p> 	<p>Walnuts  Parmesan Cheese  Basil  Capers</p> 	<p>Cilantro    Peanuts  Yogurt  Turmeric</p>	<p>Cilantro  Crushed Tortilla  Chips  Avocado</p> 	<p>Slivered Almonds  Cashews  Peanuts  Sesame Seeds  Red Pepper Flakes  Cilantro</p>	<p>Coconut Flakes  Cashews  Cilantro  Thai Basil</p>
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