

Lunches:		Ingredients:		Instructions:																			
Lunch 1Simple To Go		1/3 cup chopped pecans 2 Tbsp balsamic vinegar 1 tsp Dijon mustard 1 tsp honey 1/4 tsp salt 1/4 tsp pepper 1/4 cup extra virgin olive oil 2 (5-oz) pkg baby kale 1 cup shredded rotisserie chicken, skin removed 1/2 cup crumbled feta cheese 1 cup sliced strawberries		Toast pecans in a dry skillet over medium-high heat 3 to 4 minutes or until golden and fragrant. Meanwhile, whisk together vinegar, mustard, honey, salt and pepper. Gradually add oil, whisking constantly. Combine kale, chicken, pecans, cheese and strawberries. Drizzle with dressing; toss to coat. Note: To take salad on-the-go, pack the dressing and salad in separate containers; drizzle with dressing just before serving.																			
 Prep Cook Total 15m 5m 20m Nutritional Information <table><tr><td></td><td>Main</td></tr><tr><td>Servings</td><td>4</td></tr><tr><td>Calories</td><td>354</td></tr><tr><td>Fat (g)</td><td>26</td></tr><tr><td>Sat. Fat (g)</td><td>6</td></tr><tr><td>Protein (g)</td><td>17</td></tr><tr><td>Carb (g)</td><td>16</td></tr><tr><td>Fiber (g)</td><td>3</td></tr><tr><td>Sodium (mg)</td><td>450</td></tr><tr><td>Points (SP)</td><td>9</td></tr></table>			Main	Servings	4	Calories	354	Fat (g)	26	Sat. Fat (g)	6	Protein (g)	17	Carb (g)	16	Fiber (g)	3	Sodium (mg)	450	Points (SP)	9		
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Lunch 2Super Fast		6 oz whole-grain penne pasta 1 (11-oz) pouch chunk light tuna in water, drained 1/3 cup pitted kalamata olives, cut in half 2 Tbsp capers 1/4 cup chopped red onion 1/4 cup sliced fresh basil 3 Tbsp fresh lemon juice 1/4 cup extra virgin olive oil 1/8 tsp salt 1/2 tsp pepper		Cook pasta according to package directions. Combine pasta, tuna, olives, capers, onion, and basil in a large bowl. Whisk together lemon juice, oil, salt, and pepper in a bowl. Pour over pasta mixture, stirring to coat. Note: Pasta salad can be made ahead and chilled up to 24 hours.																			
 Prep Cook Total 15m 15m 30m Nutritional Information <table><tr><td></td><td>Main</td></tr><tr><td>Servings</td><td>4</td></tr><tr><td>Calories</td><td>398</td></tr><tr><td>Fat (g)</td><td>20</td></tr><tr><td>Sat. Fat (g)</td><td>2</td></tr><tr><td>Protein (g)</td><td>25</td></tr><tr><td>Carb (g)</td><td>30</td></tr><tr><td>Fiber (g)</td><td>6</td></tr><tr><td>Sodium (mg)</td><td>713</td></tr><tr><td>Points (SP)</td><td>9</td></tr></table>			Main	Servings	4	Calories	398	Fat (g)	20	Sat. Fat (g)	2	Protein (g)	25	Carb (g)	30	Fiber (g)	6	Sodium (mg)	713	Points (SP)	9		
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Lunches:		Ingredients:		Instructions:	
Lunch 3Simple To Go		8 slices center-cut bacon 1 cup chopped onion 1 carrot, chopped 1 stalk celery, chopped ¼ tsp salt 2 cloves garlic, minced ¼ tsp dried thyme 1 (14.5-oz) can low-sodium chicken broth 2 (15-oz) cans no-salt-added cannellini beans, drained and rinsed		Cook bacon, in batches, in a large pot 5 to 6 minutes or until crisp. Remove from pot, reserving 2 Tbsp drippings. Drain bacon on paper towels. Add onion, carrot, celery, and salt to reserved drippings; sauté 5 minutes or until tender. Add garlic and thyme; cook 1 minute. Stir in broth; bring to a boil. Add beans, reduce heat, and simmer 5 minutes. Spoon soup into 4 serving bowls; crumble bacon over each serving.	
Prep Cook Total 15m 20m 35m				Note: To take on-the-go, pack soup and bacon in separate containers. Microwave soup at HIGH 2 minutes or until thoroughly heated; sprinkle with bacon before serving.	
Nutritional Information		4 (1-oz) slices 100% whole wheat sandwich bread ½ cup shredded Parmesan cheese		Preheat broiler. Sprinkle cheese over bread; broil 2 to 3 minutes or until cheese is melted and starts to brown. Serve with soup.	
	Main	Side	Total		
Servings	4	4			
Calories	257	113	370		
Fat (g)	5	4	9		
Sat. Fat (g)	2	2	4		
Protein (g)	17	6	23		
Carb (g)	34	14	48		
Fiber (g)	9	2	11		
Sodium (mg)	471	309	780		
Points (SP)	2	4	6		

Lunch 4Super Fast		2 (4.4-oz) pieces whole-grain naan ¼ cup pesto ½ cup shredded part-skim mozzarella cheese ½ cup crumbled feta cheese 2 Tbsp pine nuts		Preheat oven to 350°F. Place flatbread on a baking sheet; spread pesto over each flatbread. Top with both cheeses; sprinkle with pine nuts. Bake 8 to 10 minutes or until cheese melts and flatbreads are crisp. Cut each flatbread into quarters; pack in an airtight container or wrap in aluminum foil to take on the go, if desired.	
Prep Cook Total 15m 10m 25m					
Nutritional Information					
	Main				
Servings	4				
Calories	353				
Fat (g)	20				
Sat. Fat (g)	7				
Protein (g)	12				
Carb (g)	31				
Fiber (g)	4				
Sodium (mg)	848				
Points (SP)	12				

Lunches:		Ingredients:		Instructions:	
Lunch 5		Chill Time			
Chicken and Bulgur Salad					
Chilled Red Grapes					
					
Prep		Cook		Total	
20m		15m		35m	
Nutritional Information					
	Main	Side		Total	
Servings	4	4			
Calories	259	104		363	
Fat (g)	10	0		10	
Sat. Fat (g)	2	0		2	
Protein (g)	25	1		26	
Carb (g)	18	27		45	
Fiber (g)	4	1		5	
Sodium (mg)	354	3		357	
Points (SP)	4	0		4	

Lunch	✓	Grocery Items to Purchase
		Produce
1		½ (16-oz) container strawberries
1		2 (5-oz) pkg baby kale
2		½ red onion
2		½ (1-oz) pkg fresh basil
2,5		2½ lemons
3		½ bunch celery
3		1 onion
3		1 carrot
5		4 green onions
5		1 (1-oz) pkg fresh mint
5		2 Roma tomatoes
5		½ seedless cucumber
5		½ bunch fresh flat-leaf parsley
5		1½ lb seedless red grapes
		Meat & Seafood
3		1 (12-oz) pkg center-cut bacon
		Refrigerated
1,4		1 (4-oz) pkg crumbled feta cheese
3		½ (5-oz) pkg shredded Parmesan cheese
4		½ (8-oz) pkg shredded part-skim mozzarella cheese
		Canned & Packaged
1		1 (2-oz) pkg chopped pecans
2		½ (12-oz) pkg whole-grain penne pasta
2		½ (3.5-oz) jar capers
2		1 (11-oz) pouch chunk light tuna in water
2		½ (6-oz) jar pitted kalamata olives
3		2 (15-oz) cans no-salt-added cannellini beans
3		1 (14.5-oz) can low-sodium chicken broth
3		½ (20-oz) loaf 100% whole wheat sandwich bread
4		½ (2-oz) jar pine nuts
4		1 (3.5-oz) jar pesto
5		½ (24-oz) pkg bulgur wheat
		Bakery & Deli
1,5		1 deli rotisserie chicken
4		½ (8.8-oz) pkg whole-grain naan flatbread

Necessary Staples
Lunch 1
honey balsamic vinegar Dijon mustard extra virgin olive oil
Lunch 2
extra virgin olive oil
Lunch 3
dried thyme fresh garlic
Lunch 4
No staples for this meal
Lunch 5
extra virgin olive oil