






Lunches:	Ingredients:	Instructions:						
<p>Lunch 1 <span style="float: right;">No Cook</span></p> <p><b>Roast Beef Roll-Ups with Pear and Arugula</b></p> <p><i>Honeydew Melon</i></p> <p> <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>0m</td> <td>20m</td> </tr> </table></p>	Prep	Cook	Total	20m	0m	20m	<p>¼ cup extra virgin olive oil            2½ Tbsp balsamic vinegar            ¼ tsp garlic salt            ¼ tsp dried oregano            ½ tsp Dijon mustard            2 cups arugula            1 lb thinly sliced roast beef            2 pears, thinly sliced</p>	<p>Whisk together oil, vinegar, garlic salt, oregano, mustard, and salt and pepper to taste in a large bowl. Add arugula; toss to coat. Stack roast beef slices in 8 piles on a flat work surface. Top roast beef evenly with arugula mixture and pear slices. Roll up; secure with toothpicks.</p>
Prep	Cook	Total						
20m	0m	20m						
<p>Lunch 2 <span style="float: right;">Prep Ahead</span></p> <p><b>Tuscan Chicken Salad Wraps</b></p> <p><i>Honeydew Melon</i></p> <p> <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>20m</td> <td>30m</td> <td>50m</td> </tr> </table></p>	Prep	Cook	Total	20m	30m	50m	<p>4 (6-oz) boneless, skinless chicken breasts            1 Tbsp extra virgin olive oil (or olive oil)            1 cup sun-dried tomatoes, drained and chopped            1 small cucumber, diced            1 (8-oz) can artichoke hearts, quartered            1 cup pitted kalamata olives, coarsely chopped            1 small red onion, sliced            3 Tbsp extra-virgin olive oil            2 Tbsp fresh lemon juice            8 romaine lettuce leaves, cut in half crosswise</p> <p><i>1 (1-lb) container cubed melon (honeydew or cantaloupe)</i></p>	<p>Preheat oven to 375°F. Coat chicken with 1 Tbsp oil; sprinkle with desired amount of salt and pepper. Bake chicken in a small baking dish 28 to 30 minutes; let cool. Shred 3 chicken breasts in a food processor. (Reserve 1 chicken breast for Cobb Salad recipe) Place shredded chicken in a large bowl. Add sun-dried tomatoes, cucumber, artichoke hearts, olives, red onion, 3 Tbsp oil, and lemon juice; toss to coat. Season with salt and pepper to taste. Spoon chicken salad into lettuce leaves; roll up to serve.</p> <p><b>Note:</b> Cook chicken breasts and prep ingredients the night before for a quick meal.</p> <p><i>Serve melon with wraps.</i></p>
Prep	Cook	Total						
20m	30m	50m						
<p>Lunch 3 <span style="float: right;">Quick Prep Slow Cooker</span></p> <p><b>Ginger-Orange Pork</b></p> <p><i>Bok Choy Salad</i></p> <p> <table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>8h</td> <td>8h 10m</td> </tr> </table></p>	Prep	Cook	Total	10m	8h	8h 10m	<div style="background-color: #90EE90; padding: 20px; border: 1px solid #ccc;"> <p style="font-size: 2em; margin: 0;">Click Here to order this meal plan</p> <p style="background-color: #FF0000; color: white; padding: 10px 20px; border-radius: 15px; display: inline-block; margin-top: 10px;">Start Now</p> </div>	
Prep	Cook	Total						
10m	8h	8h 10m						

Lunches:		Ingredients:	Instructions:						
Lunch 4	No Cook	<p>3 cups chopped cooked pork (from Ginger-Orange Pork recipe)</p> <p>1 Tbsp honey</p> <p>2 tsp gluten-free soy sauce</p> <p>1 tsp dark sesame oil</p> <p>1 tsp rice vinegar</p> <p>½ lb sugar snap peas, cut into thin strips</p> <p>1 red bell pepper, cut into thin strips</p> <p>½ cup thinly sliced green onions</p> <p>8 large romaine lettuce leaves, cut in half crosswise</p>	<p>Heat pork in microwave at HIGH 1 to 2 minutes or until warm. Combine honey, soy sauce, sesame oil and vinegar. Spoon pork mixture into lettuce leaves; top with sugar snap peas, bell pepper, and green onions. Drizzle with honey mixture; roll up to serve.</p>						
<p><b>Lettuce Wraps with Ginger-Orange Pork</b></p> <p> <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>10m</td> <td>5m</td> <td>15m</td> </tr> </tbody> </table> </p>		Prep	Cook	Total	10m	5m	15m		
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Lunch 5	Classic Favorite	<p>8 large eggs</p> <p>1 (12-oz) pkg sliced bacon</p> <p>6 cups chopped romaine lettuce</p> <p>1 (1-pint) container grape tomatoes</p> <p>1 cooked chicken breast (from Tuscan Chicken Salad Wraps), chopped</p> <p>1 large avocado, pitted and cubed</p> <hr/> <p><i>2 Tbsp fresh lemon juice</i></p> <p><i>2 tsp red wine vinegar</i></p> <p><i>¼ tsp Greek seasoning</i></p> <p><i>4 Tbsp extra-virgin olive oil</i></p>	<p>Place eggs in a saucepan; add water to cover, and 1 tsp salt. Bring to a rolling boil. Remove pan from heat; cover and let stand 15 minutes. Drain. Run cold water over eggs; peel and cut eggs into wedges. Place 4 slices bacon on a paper towel-lined plate; microwave on High 1½ to 2 minutes or until crisp. Repeat with remaining 4 slices. Crumble bacon. Layer lettuce, tomatoes, egg, chicken, bacon, and avocado on each of 4 serving plates. Drizzle Lemon Vinaigrette evenly over each serving.</p> <p><b>Note:</b> To take salad on-the-go, pack salad and vinaigrette in separate containers; assemble before serving.</p> <hr/> <p><i>Whisk together lemon juice, red wine vinegar, Greek seasoning, and olive oil. Serve with Cobb Salad.</i></p>						
<p><b>Cobb Salad</b></p> <p><i>Lemon Vinaigrette</i></p> <p> <table border="1"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>20m</td> <td>15m</td> <td>35m</td> </tr> </tbody> </table> </p>		Prep	Cook	Total	20m	15m	35m		
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Lunch	✓	Grocery Items to Purchase
		<b>Produce</b>
1		1 (5-oz) pkg arugula, need 2 cups
1		2 pears
2		1 (1-lb) container cubed melon
2		1 small cucumber
2		1 small red onion
2,4,5		2 heads romaine lettuce, need 16 leaves AND 6 cups chopped
2,5		1 large lemon, need ¼ cup juice
3		1 bunch green onions, need ½ cup chopped AND ½ cup thinly sliced
3		2 lb bok choy
3		1 head garlic, need 6 cloves
3		4 oranges, need 1 Tbsp grated rind AND 1 cup juice
4		1 red bell pepper
4		½ lb sugar snap peas
5		1 (1-pint) container grape tomatoes
5		1 large avocado
		<b>Meat &amp; Seafood</b>
2,5		4 (6-oz) boneless, skinless chicken breasts
3		1 (2-inch) piece ginger root, need 2 Tbsp grated
3,4		3½ lb boneless pork shoulder roast
5		1 (12-oz) pkg sliced bacon
		<b>Refrigerated</b>
5		1 dozen large eggs, need 8
		<b>Canned &amp; Packaged</b>
2		1 (9.5-oz) jar pitted kalamata olives, need 1 cup
2		1 (8-oz) jar sun-dried tomatoes, need 1 cup
2		1 (8-oz) can or jar artichoke hearts
		<b>Bakery &amp; Deli</b>
1		1 lb thinly sliced roast beef

Necessary Staples
<b>Lunch 1</b>
¼ cup extra-virgin olive oil 2½ Tbsp balsamic vinegar ¼ tsp garlic salt ¼ tsp dried oregano ½ tsp Dijon mustard
<b>Lunch 2</b>
4 Tbsp extra-virgin olive oil
<b>Lunch 3</b>
2 Tbsp honey ¼ cup olive oil ¼ cup rice vinegar 2 Tbsp gluten-free soy sauce ¼ tsp crushed red pepper
<b>Lunch 4</b>
1 Tbsp honey 2 tsp gluten-free soy sauce 1 tsp dark sesame oil 1 tsp rice vinegar
<b>Lunch 5</b>
2 tsp red wine vinegar ¼ tsp Greek seasoning 4 Tbsp extra-virgin olive oil