

Lunches:	Ingredients:	Instructions:
Lunch 1 Roast Beef Roll-Ups with Pear and Arugula  Prep 20m Cook 0m Total 20m	1/4 cup extra virgin olive oil 2 1/2 Tbsp balsamic vinegar 1/4 tsp garlic salt 1/4 tsp dried oregano 1/2 tsp Dijon mustard 2 cups arugula 1 lb thinly sliced roast beef 2 pears, thinly sliced	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.
Lunch 2 Tuscan Chicken Salad Wraps <i>Honeydew Melon</i>  Prep 20m Cook 30m Total 50m	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 1 (1-lb) container cubed melon (honeydew or cantaloupe)	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. Note: Cook chicken breasts and prep ingredients the night before for a quick meal. <i>Serve melon with wraps.</i>
Lunch 3 Ginger-Orange Pork <i>Bok Choy Salad</i>  Prep 10m Cook 8h Total 8h 10m		<div style="background-color: #99cc66; padding: 10px; text-align: center;"> <p>Click Here to order this meal plan</p> <p>Start Now</p> </div>

Lunches:	Ingredients:	Instructions:
Lunch 4 Lettuce Wraps with Ginger-Orange Pork  Prep 10m Cook 5m Total 15m	3 cups chopped cooked pork (from Ginger-Orange Pork recipe) 1 Tbsp honey 2 tsp gluten-free soy sauce 1 tsp dark sesame oil 1 tsp rice vinegar ½ lb sugar snap peas, cut into thin strips 1 red bell pepper, cut into thin strips ½ cup thinly sliced green onions 8 large romaine lettuce leaves, cut in half crosswise	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.
Lunch 5 Cobb Salad <i>Lemon Vinaigrette</i>  Prep 20m Cook 15m Total 35m	8 large eggs 1 (12-oz) pkg sliced bacon 6 cups chopped romaine lettuce 1 (1-pint) container grape tomatoes 1 cooked chicken breast (from Tuscan Chicken Salad Wraps), chopped 1 large avocado, pitted and cubed <hr/> <i>2 Tbsp fresh lemon juice 2 tsp red wine vinegar ¼ tsp Greek seasoning 4 Tbsp extra-virgin olive oil</i>	Place eggs in a saucepan; add water to cover, and 1 tsp salt. Bring to a boiling 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. Note: To take salad on-the-go, pack salad and vinaigrette in separate containers; assemble before serving. <hr/> <i>Whisk together lemon juice, red wine vinegar, Greek seasoning, and olive oil. Serve with Cobb Salad.</i>

Lunch	✓	Grocery Items to Purchase	Necessary Staples
		Produce	
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	
		Meat & Seafood	
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	
		Refrigerated	
5		1 dozen large eggs, need 8	
		Canned & Packaged	
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	
		Bakery & Deli	
1		1 lb thinly sliced roast beef	
			Lunch 1
			¼ cup extra-virgin olive oil 2½ Tbsp balsamic vinegar ¼ tsp garlic salt ¼ tsp dried oregano ½ tsp Dijon mustard
			Lunch 2
			4 Tbsp extra-virgin olive oil
			Lunch 3
			2 Tbsp honey ¼ cup olive oil ¼ cup rice vinegar 2 Tbsp gluten-free soy sauce ¼ tsp crushed red pepper
			Lunch 4
			1 Tbsp honey 2 tsp gluten-free soy sauce 1 tsp dark sesame oil 1 tsp rice vinegar
			Lunch 5
			2 tsp red wine vinegar ¼ tsp Greek seasoning 4 Tbsp extra-virgin olive oil