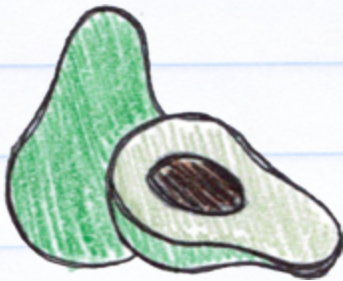


# 1 Week of Packable Lunches





# Keep Monday colorful with Salad in a Jar

- 1 Start with a jar: mason jars work well.



- 2 Pour your dressing in first. Make your own using olive oil, apple cider vinegar, garlic powder, and sea salt.



- 3 Add the "heartier" foods: beans, crunchy veggies, etc.



- 4 Next, add the "lighter" bits: veggies that aren't quite as firm (like mushrooms and tomatoes), seeds, fruit.



- 5 Top it all off with the greens: lettuce, spinach, etc.



- 6 Put the top on, and you're done! Just mix it all up when it's time to eat lunch.





# Stay sweet on Tuesday with Apple Sandwiches



Core an apple and cut into slices.



Take two slices and two tablespoons of nut butter. Smear one tablespoon of nut butter on each apple slice, put them together like a sandwich, and you've got a delicious grain-free sandwich.



Don't toss the rest of the apple — make another sandwich, or just eat the leftovers.

## Make "hump day" a little more exciting with Shrimp Cocktail!



### Ingredients

4 oz shrimp  
Pinch of Old Bay  
Juice of 1/2 lemon

### Directions

Peel shrimp. Squeeze fresh lemon juice onto the shrimp and season with Old Bay. Add shrimp to pot of boiling water for 3-4 minutes, or until pink. Remove from water and let cool.





# Stay cozy on Thursday with Soup in a Thermos!

## Ingredients

2 cups diced onions, carrots, and celery  
Olive Oil or Coconut Oil  
8 oz ground turkey  
4 cups chicken broth  
1 bay leaf  
2 tsp garlic powder  
salt and pepper, to taste



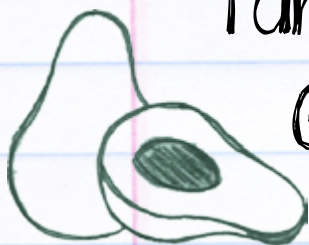
## Directions

Heat olive oil or coconut oil over medium heat in a stock pot.  
Add diced onions, carrots, and celery to pot and saute until tender, about 7 minutes.  
Add ground turkey and cook through, about 5 minutes.  
Add chicken broth, and bring to a boil.  
Add bay leaf, garlic powder, salt, and pepper.  
Reduce to a simmer for 30 minutes.

Pour soup in a thermos and bring with you for an easy lunch.



# Turn Friday into a fiesta with Guacamole Chicken Salad



## Ingredients

4 oz chicken  
1/4 green pepper, diced  
1/2 small tomato, diced  
2 oz homemade guacamole

## Directions

Heat coconut oil over medium heat.  
Cube chicken, and saute it. Let it cool.  
Combine chicken, guacamole, diced pepper, and diced tomato.  
Mix well, and season with salt and lime juice.  
Eat it right out of the bowl, on top of a bed of lettuce, or on a piece of Ezekiel bread.

