

One Week of Lunch Ideas

SUN

Roasted Tomato Soup (Optional: Served with Grilled Cheese)

- Tomatoes
- Garlic
- Red Onion
- Olive Oil
- Salt
- Pepper
- Sugar
- Oregano
- Balsamic Vinegar
- Heavy Cream
- Chili Flakes
- Stock

Chicken Club Sandwich

- Bread
- Bacon
- Chicken
- Tomatoes
- Avocado
- Mayo
- Garlic
- Iceberg Lettuce
- Lemon
- Salt
- Pepper

Smoked Salmon Salad

- Smoked Salmon
- Arugula
- Avocado
- Goat Cheese
- Walnuts
- Lemon
- Extra-Virgin Olive Oil
- Garlic
- Mustard
- Salt
- Pepper

Cobb Salad

- Romaine & Iceberg Lettuce
- Watercress
- Tomatoes
- Chicken Breast
- Bacon
- Eggs
- Blue Cheese
- Avocado
- Chives
- Salt & Pepper
- Vinaigrette (Recipe Included)

Turkey Club Sandwich

- Bread
- Bacon
- Turkey
- Tomatoes
- Avocado
- Mayo
- Garlic
- Iceberg Lettuce
- Lemon
- Salt
- Pepper

Chicken Caesar Salad

- Romaine Lettuce
- Croutons
- Parmesan
- Egg Yolk
- Mustard
- Lemon
- Oil
- Anchovies
- Worcestershire Sauce
- Garlic
- Chicken Breast
- Salt
- Pepper

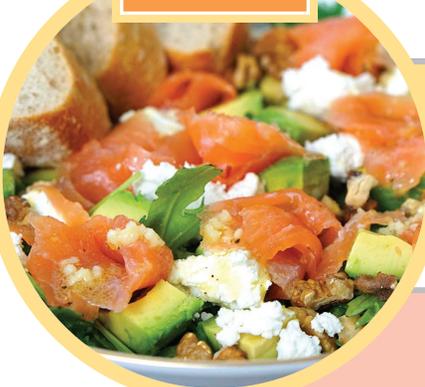
Chicken Tortilla Soup

- Chicken Thighs
- Onion
- Garlic
- Jalapeño
- Peeled Tomatoes
- Corn
- Black Beans
- Cumin
- Paprika
- Cilantro
- Chili Powder
- Oregano
- Tomato Paste
- Chicken Broth
- Lime
- Oil & Salt & Toppings

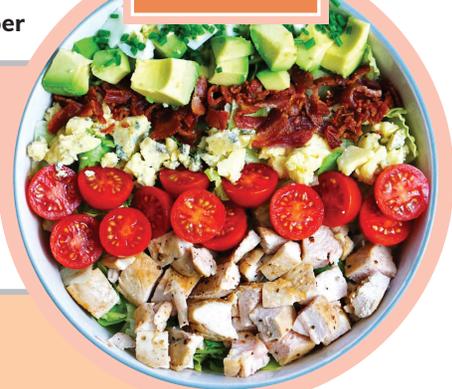
MON



TUE



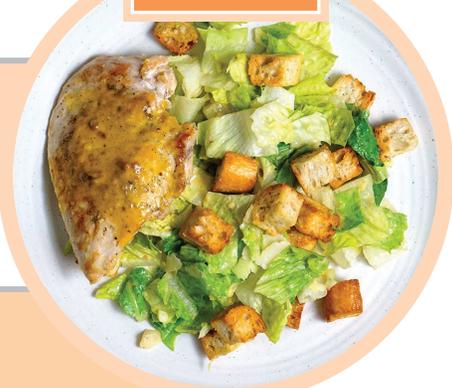
WED



THU



FRI



SAT

