

Great Lunch Ideas for a Full Week

SUN



Quiche with Side Salad

- Eggs
- Milk
- Heavy Cream
- Shortcrust Pastry
- Parmesan
- Roasted Peppers
- Pancetta (or Bacon)
- Soft Goat Cheese (or Feta)
- Salt
- Butter

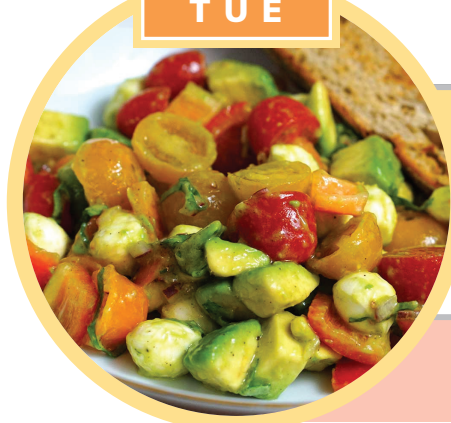
MON



Grilled Chicken & Greek Salad

- Tomatoes
- Cucumber
- Red Onion
- Feta
- Kalamata Olives
- Bell Pepper
- Olive Oil
- Lemon or Vinegar
- Oregano
- Salt
- Yogurt-Marinated Chicken Breast (Recipe Included)

TUE



Avocado Tomato Salad

- Avocado
- Tomatoes
- Sweet Pepper
- Mozzarella
- Lemon
- Olive Oil
- Red Onion
- Salt
- Black Pepper
- Fresh Basil

WED



Hummus & Feta Wrap

- Tortilla Wraps
- Eggplant
- Bell Peppers
- Zucchini
- Feta
- Hummus
- Avocado
- Salt
- Pepper
- Olive Oil

THU



Avocado Egg Salad Sandwich

- Eggs
- Avocado
- Mayonnaise
- Dijon Mustard
- Salt
- Black Pepper
- Green Onion
- Bread of Choice

FRI



Apple Spinach Salad

- Apples
- Baby Spinach
- Honey
- Dried Cranberries
- Walnuts
- Lemon
- Goat Cheese
- Cheese
- Lemon
- Olive Oil
- Dijon Mustard
- Salt
- Pepper

SAT



Pesto Pasta

- Spaghetti
- Basil
- Pine Nuts
- Parmigiano Reggiano
- Garlic
- Salt
- Pepper
- Chili Flakes
- Olive Oil