

# Week 1 LUNCHES

## MAMA

### LUNCH BOWLS

Prepare 5 of these ahead of time, use Tessemae ranch dressing for healthy choice!

Prepare ahead of time:

Instant Pot hard boiled eggs and chicken thighs or use canned chicken and pre-ready hard boiled eggs (usually comes in bag of 6 at our grocery store.)

Bake bacon on sheet pan with foil. Add 2-3 lemon wedges to the bowls.

Divide into each bowl:

- 1 hard boiled egg
- 2 T red onion
- 1 chicken thigh cut up
- 2-3 bacon slices
- 1 c corn
- 1 avocado half
- juice of half a lemon
- Tessemae ranch dressing
- cilantro for garnish

## KIDS

### MAKE IT EASY!

Regardless if it's a school day or not, on Monday I make 5 lunches for each kid ahead of time! Reusable containers!

Example Lunch:

- PB&J
- veggie straws
- yogurt
- grapes

yum!



## INSIDER TIP

I like to bake my chicken at about 400° or 425°F for around 25 min or until internal temp reads 165. I sometimes bake more chicken than I need so I can use the rest in a dinner casserole. I put the extra chicken in a plastic baggie and store it in the fridge.