



A service provided to our
loyal customers.

APRIL

Lunch Recipes

MINIMAL INGREDIENTS. MINIMAL TIME. MINIMAL STRESS

FARM TO TABLE

Meal Planning Tips

During this time of uncertainty and chaos in all of our lives, we wanted to provide meal options that gave you healthier options with minimal ingredients (or pantry ingredients) that take minimal time to prepare in order to maximize your resources with minimal stress.

Create your meal plan using recipes with items that you still have on hand or that you know your stores are currently carrying. Make this as stress free as possible. You will notice that many of these recipes can be doubles to make enough for all week versus cooking something new everyday.

Use this plan as a resource in the future and for the coming weeks and let meal planning and prep be a breeze.

Your Coach

FARM TO TABLE

ROASTED CHICKEN & VEGGIES

Recipe from Gimme Delicious

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

2 medium chicken breasts
boneless skinless cut into
1/2 inch pieces
1 cup broccoli florets frozen
or fresh
1 small red onion chopped
1 cup grape or plum
tomatoes
1 med zucchini, chopped
2-4 cups cooked rice of
choice

DIRECTIONS

1. Pre-heat oven to 450F. Line a baking sheet with aluminum foil and set aside.
2. Place the chicken and veggies in the baking dish. Sprinkle all the spices and garlic evenly over the chicken and veggies. Drizzle with the olive oil.
3. Bake for 15-20 minutes or until the veggies are charred and chicken is tender.
4. Place 1/2 or 1 cup of cooked rice of choice into 4 individual meal prep containers. Divide chicken and veggies evenly on top of the rice. Cover and store in the fridge for up to 5 days or freezer up to 2 months.

SEASONING

2 cloves garlic minced
1 tablespoon italian
seasoning
1 teaspoon salt
1/2 teaspoon black pepper
optional
1/2 teaspoon red pepper
flakes optional
1/2 teaspoon
2 tablespoons olive oil



HONEY SIRACHA GLAZED MEATBALLS

Recipe from Eat Yourself Skinny

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

1 lb. lean ground turkey
1/2 cup whole wheat
panko breadcrumbs
1 eggs
2 tbs cup green onions,
chopped
pinch of garlic powder
pinch of salt
pinch black pepper

SAUCE

2 tbsp Sriracha
1.5 Tbsp reduced-sodium
soy sauce
1.5 Tbsp rice vinegar
1.5 Tbsp honey
1/2 Tbsp grated fresh ginger
1.5 cloves garlic, minced
1/4 tsp toasted sesame oil

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. In a large bowl, mix together turkey, breadcrumbs, eggs, green onions, garlic powder and salt/pepper until well combined. Shape mixture into 1½-inch balls (you'll make roughly 20 balls) and place spaced apart on prepared baking sheets lightly sprayed with cooking spray.
3. Bake meatballs for 20 to 25 minutes, or until browned and cooked through.
4. While the meatballs are baking, combine all the ingredients for the sauce in a small saucepan and bring to a boil over medium heat, whisking continuously. Reduce heat and simmer for 8 to 10 minutes (the sauce will start to thicken) then toss with the meatballs.
5. Serve immediately over brown rice and top with green onions and a few sesame seeds. Enjoy!



ZUCCHINI NOODLES WITH TURKEY MEATBALLS

Recipe from Damn Delicious

SERVINGS: 4 TOTAL TIME: 20 MINUTES

INGREDIENTS

1 pound (3 medium-sized) zucchini, spiralized*
2 teaspoons salt
2 cups marinara sauce, homemade or store-bought
1/4 cup freshly grated Parmesan cheese

FOR MEATBALLS

1 1/2 pounds ground turkey
1/2 cup Panko
1/4 cup freshly grated Parmesan cheese
2 large egg yolks
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 teaspoon dried parsley
1/4 teaspoon garlic powder
1/4 teaspoon crushed red pepper flakes
Kosher salt and freshly ground black pepper, to taste

DIRECTIONS

1. Preheat oven to 400 degrees F. Lightly oil a 9×13 baking dish or coat with nonstick spray.
2. In a large bowl, combine ground turkey, Panko, Parmesan, egg yolks, oregano, basil, parsley, garlic powder and red pepper flakes; season with salt and pepper, to taste. Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 1 1/2-to-2-inch meatballs, forming about 24 meatballs.
3. Place meatballs onto the prepared baking dish and bake for 18-20 minutes, or until all sides are browned and meatballs are cooked through; set aside.
4. Place zucchini in a colander over the sink. Add salt and gently toss to combine; let sit for 10 minutes.
5. In a large pot of boiling water, cook zucchini for 30 seconds to 1 minute; drain well.
6. Divide zucchini into meal prep containers. Top with meatballs, marinara sauce and Parmesan.



BANG BANG SHRIMP

Recipe from Kirbie's Cravings

SERVINGS: 4 TOTAL TIME: 20 MINUTES

INGREDIENTS

4 medium zucchini spiralized
1 tbsp olive oil

SAUCE

1/4 cup + 2 tbsp fat free
plain Greek yogurt
1/4 cup + 2 tbsp light
mayonnaise
1/4 cup + 2 tbsp Thai
sweet chili sauce
1 1/2 tbsp honey
1 1/2 tsp sriracha sauce
2 tsp lime juice

DIRECTIONS

1. If you are using any proteins, cook them first on the stove and set aside. To cook the zucchini, add olive oil to a large skillet and bring to medium high heat. Once oil is hot, add in zucchini noodles. Cook until water releases and zucchini are just cooked (tender but still crisp). Turn off heat. Drain zucchini noodles. Allow noodles to rest for about 10 minutes and drain off any other water release.
2. In a large bowl, add all sauce ingredients. Mix with a whisk until smooth. Taste and adjust as needed. Pour sauce into 4 small containers. Mix zucchini noodles with your proteins and add to meal prep containers once everything has cooled. Store in fridge and eat within 3 days.
3. To prepare day of, heat up noodles. Drain any water that may be released from the noodles. Toss in sauce (sauce can be used hot or cold; I prefer to keep it cold and mix it with the hot noodles).



JERK CHICKEN

Recipe from Food Lovin Family

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

1.5 pounds chicken breast,
cut into 1 inch pieces
1 tablespoon Jamaican
Jerk Seasoning
2 cups diced pineapple
1/2 cup diced red onion
1/4 cup chopped cilantro
1 can black beans, drained
and rinsed
1 5 oz package yellow rice,
cooked

DIRECTIONS

1. In a medium bowl, mix together pineapple, cilantro and red onion. Set aside.
2. Sprinkle jerk seasoning over chicken and stir to coat.
3. Spray pan with non-stick cooking spray and add chicken. Cook over medium heat until cooked through. About 6-7 minutes.
4. Spoon rice, black beans, chicken and pineapple salsa into 4 containers or serve in a bowl.



SOUTHWESTERN CHICKEN

Recipe from Food Lovin Family

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

2 cups kale (or lettuce of choice)
1 cup grape tomatoes
3 cups shredded or cubed chicken (cooked (about 2 chicken breasts))
3/4 cup corn, canned
1 1/2 cup black beans, canned
1 cup rice, cooked
1 tsp paprika
1/2 tsp cumin
1/4 tsp cayenne
1/4 tsp pepper
drizzle Avocado Lime Dressing (optional)

DIRECTIONS

1. Cook the rice according to directions. Mix in paprika, cumin, cayenne, and pepper when the rice has about 5 minutes left. Set aside.
2. Layer each bowl or container with kale, tomatoes, shredded chicken, corn, beans, and rice. Top with optional dressing and enjoy immediately or refrigerate for later!



SOUTHWESTERN CHICKEN

Recipe from Food Lovin Family

SERVINGS: 4 TOTAL TIME: 30 MINUTES

INGREDIENTS

1 Tbsp olive oil
3/4 cup chopped yellow onion
1 lb 95% lean ground turkey
2 cloves garlic
Salt and freshly ground black pepper
1 Tbsp chili powder (preferably 2 tsp regular chili powder and 1 tsp ancho chili powder)
1 tsp ground cumin
1/2 tsp paprika
1/2 cup tomato sauce
1/2 cup low-sodium chicken broth
Iceberg or Romain lettuce leaves, doubled up, for serving
Shredded Mexican cheese, diced Roma tomatoes, diced red onion, diced avocado, chopped cilantro, light sour cream, for serving

DIRECTIONS

1. Heat olive oil in a non-stick skillet over medium-high heat.
2. Add onion and saute 2 minutes. Add turkey and garlic, season with salt and pepper, and cook, tossing and breaking up turkey occasionally, until cooked through, about 5 minutes.
3. Add chili powder, cumin, paprika, tomato sauce and chicken broth. Reduce to a simmer and cook about 5 minutes until sauce has reduced.
4. Serve mixture over lettuce leaves with desired toppings.

