

# WHAT'S FOR LUNCH?

## Mason Jar Ramen



- 1 tsp Bouillion paste.
  - 3 Tbsp kimchi or 1 tsp sesame seed oil, chili sauce or Sriracha
  - Veggies: like corn, carrots, mushrooms, spinach, peppers or Bok choy. Really whatever you want!
  - 1 cup cooked rice noodles or you can also try udon, soba noodles, or spaghetti.
1. Add all the ingredients to your jar
  2. When ready to eat, remove lid and pour hot water into the mason jar. Let sit for a few minutes, then enjoy!

## Chicken Caesar Wrap



- 2 cups cooked chicken diced or shredded.
  - 2 cups romaine lettuce shredded.
  - ½ cup croutons
  - ½ cup parmesan cheese
  - ½ cup Caesar dressing
  - 6 tortillas
1. Prep the ingredients, and put everything in a large bowl.
  2. Toss the ingredients so that the dressing covers every bit of lettuce.
  3. Warm up the tortillas in a microwave for 8-10 seconds, and add the filling to the center of the tortillas.
  4. Roll just like you roll a burrito tucking in the edges. Secure with toothpicks, if necessary.

**Pro Tip:** You can buy already cooked chicken or canned chicken to increase convenience!

## Bean Tostada



- 4 corn tortillas
  - 1 can refried beans
  - 1/4 cup salsa
  - 1/2 cup shredded Cheddar
1. Preheat the oven to 375 degrees Fahrenheit.
  2. Place tortillas on a baking sheet, and place in oven for five minutes, until slightly crispy. Remove from oven and divide refried beans among the tortillas. Top with cheese and return to the oven until beans are heated and cheese is melted, about five minutes.
  3. Serve with salsa on top and lettuce.
  4. Don't be afraid to add your own toppings!

**Pro Tip:** You can also make this in the microwave, microwave until the beans are hot and cheese is melted

## Turkey Sandwich



- 2 slices bread toasted
  - 1 tbsp mayonnaise
  - 2 slices lettuce
  - 2 slices Tomato
  - 1 slices Cheese
  - 3 slices Turkey deli meat
  - 2 slices Bacon
1. Toast the bread, on both sides, in a toaster
  2. Spread mayonnaise on one side of each bread slice.
  3. Stack the following ingredients in order on the first slice of bread, lettuce, tomato Cheese, turkey, bacon and a slice of white bread.

**Pro Tip:** You can buy already cooked bacon to make this recipe quick and easy