

Monday

L: turkey burgers with baby carrots and fruit.

D: [mustard lime chicken](#), greens with mandarin oranges and slivered almonds , and zucchini/squash sautéed with olive oil, onion and dill

Tuesday:

L: leftover chicken shredded on leftover salad

D: [Apple glazed Turkey Breast](#) , fresh steamed green beans, and sweet potatoes

Wednesday

L: Tuna Salad (Tuna, dill pickle relish, 2 hard boiled eggs, mayo) with apples and walnuts.

D: [taco salads](#)

Thursday

L: chicken salad (boiled chicken breasts, mayo, sour cream, celery, cheddar cheese-unless your doing paleo—green onion, granny smith apple (diced and soaked in lemon juice), raisins, dill, and garlic seasoning)

D: [pork chops](#), on sautéed baby spinach

Friday:

L: leftover chicken salad

D: bunless burgers with sliced tomatos, avocado. Fruit.

List:

Produce: baby carrots, fruit of your choice (berries, cantaloupe, gala apples, grapes), mandarin oranges (I use a jar of Dole in the produce section), 1 zucchini, 1 squash, 2 heads romaine lettuce, 3 limes, cilantro, green beans, sweet potatoes, ginger, fresh tarragon (or dried), 2/3 tomatoes, 2 avocados, green onion, celery, granny smith apple, lemon, baby spinach, red onion.

Meat: Ground Turkey, chicken (2 tenderloin packs, 1 large pack of breasts), Turkey breast filets, tuna, 3 to 6 lbs. ground beef, pork chops, eggs

Misc: raisins, sour cream, apple juice, chicken stock (canned) or broth

Staples that I try to keep on hand (in most of the recipes I post): olive oil, chicken broth, garlic, Dijon mustard, chili powder, sea salt, cumin, mayo, dill, thyme

All of these recipes can be "tweaked"...for instance, I leave out the arrowroot powder and exchange chicken broth for stock in the Turkey cutlet recipe. If you don't have it, don't worry too much. For the Taco salad, I make guacamole to add to it...so good. Put on what you want. I give my kids tortillas for this one.

We eat bunless burgers or turkey burgers a lot. They are easy and everyone likes them. You might have other lunches your family likes in exchange!!!