



JOURNEY TO HEALTH

BACK TO SCHOOL LUNCHES

MEAL PLAN

5-DAY MEAL PLAN



Back to School Lunches 5-Day Meal Plan

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Ham & Guacamole Pinwheels with Veggies	Cauliflower Mac & Cheese Bake	Turkey Pita & Veggies Box	Greek Chicken Macaroni Salad	One Pan Burrito Casserole

Back to School Lunches 5-Day Meal Plan

33 items

Seeds, Nuts & Spices

- 1/4 tsp Nutmeg
- 1 tsp Oregano
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Taco Seasoning

Vegetables

- 4 Carrot
- 2 heads Cauliflower
- 2 stalks Celery
- 1 3/4 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 1/4 Cucumber
- 4 Garlic
- 1/2 Yellow Onion

Boxed & Canned

- 1 1/2 cups Chicken Broth
- 1 1/2 cups Diced Tomatoes
- 1/4 cup Jasmine Rice
- 2 cups Lentil Macaroni
- 2 2/3 cups Macaroni
- 1/2 cup Pinto Beans

Bread, Fish, Meat & Cheese

- 510 grams Cheddar Cheese
- 454 grams Chicken Breast
- 283 grams Extra Lean Ground Beef
- 3/4 cup Feta Cheese
- 113 grams Mini Whole Wheat Pita
- 1/2 cup Parmigiano Reggiano
- 85 grams Sliced Ham
- 227 grams Turkey Breast, Cooked
- 1 Whole Wheat Tortilla

Condiments & Oils

- 1/3 cup Extra Virgin Olive Oil
- 3/4 cup Pitted Kalamata Olives
- 1 1/2 tbsps Red Wine Vinegar

Cold

- 4 cups Cow's Milk, Whole
- 2 tbsps Guacamole
- 3/4 cup Hummus

Ham & Guacamole Pinwheels with Veggies

5 ingredients · 5 minutes · 1 serving



Directions

1. Layer the sliced ham over the tortilla and spread the guacamole evenly over the top.
2. Roll each tortilla tightly and slice it into six or eight pieces. Serve with cherry tomatoes and cucumber. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

More Flavor

Add bell pepper and spinach to the tortilla.

Gluten-Free

Use a gluten-free tortilla or lettuce wraps instead.

Ingredients

- 85 grams** Sliced Ham
- 1** Whole Wheat Tortilla (large)
- 2 tbsps** Guacamole
- 1/4** Cucumber (medium, sliced)
- 1/3 cup** Cherry Tomatoes

Cauliflower Mac & Cheese Bake

8 ingredients · 25 minutes · 10 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Cook the pasta al dente according to the package directions. Once cooked, drain and immediately run under cold water to prevent overcooking. Set aside.
3. Place the cauliflower, garlic, and milk in an ovenproof pot over low heat and bring to a simmer. Cover and simmer for eight to 10 minutes, or until the cauliflower is soft. Remove from the heat.
4. Using an immersion blender, blend the cauliflower mixture until smooth. Stir in half of the cheddar cheese and half of the parmesan cheese. Add the cooked macaroni and the nutmeg and season to taste. Stir to combine.
5. Add the remaining cheddar and parmesan evenly on top. Bake for 20 minutes or until golden brown. If desired, turn the oven to broil for the last three minutes of cooking, or until the cheese is golden. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

A 9-inch pot was used for five servings. One serving is approximately one cup.

More Flavor

Add parsley, chives, basil and/or green onions. Top with bread crumbs before cooking in the oven.

Ingredients

- 2 **2/3 cups** Macaroni (dry)
- 2 **heads** Cauliflower (small, chopped into small florets)
- 4 **Garlic** (cloves, minced)
- 4 **cups** Cow's Milk, Whole
- 227 **grams** Cheddar Cheese (old, shredded, divided)
- 1/2 **cup** Parmigiano Reggiano (grated, divided)
- 1/4 **tsp** Nutmeg
- Sea Salt & Black Pepper (to taste)

Turkey Pita & Veggies Box

6 ingredients · 10 minutes · 4 servings



Directions

1. Cut the pita in half and stuff each half with cheese and turkey. Add the stuffed pita halves to a sectioned container, if using.
2. On the other side of the container, add the hummus to the corner and place the carrots and celery on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add mustard or mayonnaise.

Additional Toppings

Add cucumber, bell peppers, baby spinach, and/or lettuce.

Gluten-Free

Use a gluten-free pita.

Dairy-Free

Use dairy-free cheese.

Mini Whole Wheat Pita

One mini whole wheat pita is 30 grams or one ounce.

Ingredients

113 grams Mini Whole Wheat Pita

170 grams Cheddar Cheese (sliced)

227 grams Turkey Breast, Cooked

3/4 cup Hummus

4 Carrot (small, cut into sticks)

2 stalks Celery (cut into sticks)

Greek Chicken Macaroni Salad

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper and add the chicken. Season with salt and pepper. Cook in the oven for 20 to 25 minutes or until cooked through. Set aside.
2. Meanwhile, as the chicken cooks, cook the macaroni according to the directions on the package. Rinse with cold water and add to a large bowl.
3. Chop the chicken into cubes and add it to the same bowl as the macaroni. Add the olives and tomatoes to the same bowl.
4. In a small jar, combine the oil, red wine vinegar, oregano, and season with salt and pepper. Shake well to combine.
5. Pour the dressing over the macaroni salad and toss to combine. Add the feta and toss again. Divide between plates or bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about two cups.

Additional Toppings

Cucumber, red onion, parsley and/or dill.

No Lentil Macaroni

Use your choice of pasta.

Ingredients

- 454 grams** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 2 cups** Lentil Macaroni (dry, uncooked)
- 3/4 cup** Pitted Kalamata Olives
- 1 1/2 cups** Cherry Tomatoes (halved)
- 1/4 cup** Extra Virgin Olive Oil
- 1 1/2 tbsps** Red Wine Vinegar
- 1 tsp** Oregano (dried)
- 3/4 cup** Feta Cheese (crumbled)

One Pan Burrito Casserole

10 ingredients · 45 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (220°C).
2. Heat the oil in a large ovenproof skillet over medium-high heat. Add the onion and soften for two to three minutes. Add the meat, breaking it up as it cooks. Cook for five to seven minutes or until the meat is no longer pink.
3. Stir in the rice, beans, tomatoes, broth, and taco seasoning. Cover and cook on the stove over medium-low heat for 10 to 12 minutes, stirring occasionally, or until the rice is cooked to al dente and all the liquid has been absorbed.
4. Sprinkle the cheese on top. Bake in the oven for eight to 10 minutes or until the cheese has melted. Let cool for 10 minutes.
5. Top with cilantro and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately one cup.

Serve it With

Corn tortilla chips, in a small corn tortilla, or as a sandwich wrap.

More Flavor

Use carnitas or chicken instead of ground beef. Add jalapeños and garlic.

Additional Toppings

Green onions, sour cream, and/or guacamole.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (large, chopped)
- 283 **grams** Extra Lean Ground Beef
- 1/4 **cup** Jasmine Rice (dry, rinsed)
- 1/2 **cup** Pinto Beans (cooked, rinsed and drained)
- 1 1/2 **cups** Diced Tomatoes (from the can, with the juices)
- 1 1/2 **cups** Chicken Broth
- 1 1/2 **tsps** Taco Seasoning
- 113 **grams** Cheddar Cheese (shredded)
- 2 **tblsps** Cilantro (chopped)