

Packable Lunches

Meal Plan #1

This weekly meal plan includes 5 main dish lunches that you can pack for picnics, field trips, and school. All recipes can be found at GoodCheapEats.com and LifeasMOM.com. Click on the link in this PDF to go directly to the online recipe.



Recipes

- [Pulled Chicken Sliders](#)
- [Chicken Salad Wraps](#)
- [Snacky Lunch](#)
- [Tuna Salad Sandwiches](#)
- [Rice Pasta Salad](#)

Notes:

Here's a lunch plan for the week! All these meals are packable. Wrap salads and wet ingredients separate from breads to prevent the bread from getting soggy.

Include fruit and vegetable side dishes as well as a beverage. For kicks throw in a lunch dessert.

Shopping List

Produce:

- 3 tomatoes
- lettuce and/or napa cabbage leaves
- 1 small onion
- 3 ribs celery
- 1 small apple
- 2 scallions
- carrot, whole or shredded
- lemon
- 1 bell pepper
- fresh cilantro
- veggies and dip
- fresh fruit

Dairy:

- cheese
- sliced turkey or ham

Deli/Meat Case:

- 1 to 2 pounds chicken tenders
- 2 cups cooked, chopped chicken breast (about 1 pound uncooked)

Dry / Canned Goods:

- 2 cans solid white tuna in water
- 1 can chunk white tuna in water
- small rolls or hamburger buns
- 1/4 cup chopped almonds
- mayonnaise
- crackers
- juice boxes
- lunch dessert
- 1 package pasta
- 1 cup garbanzo or black beans
- 1/2 cup sliced black olives
- 1/2 cup favorite vinaigrette dressing or ingredients to make your own*

Spices & Extracts:

- 1 bay leaf
- 3 peppercorns
- ingredients for [Jamie's Spice Mix](#)
- sliced pickles
- condiments of choice: mayo, mustard, ketchup, BBQ sauce
- salt and pepper to taste
- 1/8 teaspoon paprika
- 1/4 teaspoon celery seed
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon parsley
- pinch cayenne

(* combine 1/4 cup red wine vinegar, 1/4 cup oil, 1/4 teaspoon oregano, 1/4 teaspoon pepper, 1/4 teaspoon salt)