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# LUNCH

## Meal Planning Series 2

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

### Meal Prep Ideas

- Baked chicken w/ roasted tomatoes and garlic green beans
- Hearty lentil soup
- Spicy black bean burgers
- Tuna salad cucumber boats
- Avocado burrito bowls
- Whole grain pasta salad
- Veggie fajitas w/ whole wheat tortillas and greek yogurt
- Tofu stir-fry

### Tips for successful meal prepping:

1. Before you start your meal prep, take inventory of what you have on hand and what you will need to get. This will help you reduce food waste and help you find creative ways to use what is on hand.
2. Reserve some time, one day a week to meal prep for a couple of meals.
3. If you don't like to prep all of your meals for the week, try making extra portions from dinner and save that for your lunch the next day!
4. Wash and cut produce for easy access to snacks or to put in your meals when cooking.
5. Buy in bulk, especially staple items like rice, dried beans, nuts/seeds and some canned vegetables.
6. Batch cook so that individual foods can be used in a variety of ways, such as, grains or proteins.

### Freezer meal storage tips:

- Make sure to use freezer friendly bags or storage containers when storing food.
- Vegetables with high water content such as lettuce or tomato do not freeze well.
- Rice and potato are great for freezing.

### Fridge meal storage tips:

- Proteins like chicken and beef will last between 3-4 days, once cooked.
- Seafood will typically last 2 days, once cooked.
- If using dressing or a sauce, use a separate container (especially for salads, otherwise the lettuce will get soggy)

## Strawberry Spinach Salad

### Ingredients:

- 2 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar
- 4 cups baby spinach
- 6 ounces sliced strawberries
- 1/4 cup almonds, toasted, chopped

### Directions:

1. Whisk oil and vinegar in a large bowl and season with salt and pepper.
2. Add spinach, strawberries and almonds.
3. Toss gently until everything is coated in the dressing.
4. Serve immediately.

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Recipe adapted from: <https://www.marthastewart.com/1146968/strawberry-spinach-salad>

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