



Photos courtesy of pixabay.com and pexels.com

## EAT WELL, CARE WELL. LUNCH IDEAS IN LESS THAN 10 MINUTES

Making lunch can sometimes be put off until there is not enough time to put together something nutritious. Lunch can be more than just a basic sandwich or salad. Here are some quick and nutritious lunch ideas to try instead of eating the same meal for lunch every day.

**MEAL PREP** –Plan ahead meals that you want to have throughout the week. Spend 10 minutes a night getting the meals together or find time to batch make a recipe and divide into containers for the week. Prep items that take time...you can cut up the veggies, fruits, and even cook the meat ahead of time. Search “Meal Prep Ideas” for some great tips and suggestions.

**LEFTOVERS** –Most do not eat all the food that is made from one recipe or meal. Utilize the leftovers by making another meal out of it. A lot of food goes to waste, this is an easy way to make a meal and cut down on expenses! Search “Creative Leftover Recipes” on the internet and have fun trying out new things!

WEEKLY  
CHALLENGES

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SEARCH “MEAL  
PREP IDEAS” ON THE  
INTERNET

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CHECK OUT  
[HTTPS://WWW.EATT  
HIS.COM/10-MINUTE-  
RECIPES/](https://www.eatthis.com/10-minute-recipes/)

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UTILIZE LEFTOVERS  
IN CREATIVE WAYS

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TRY ONE OF THE  
RECIPES PROVIDED

**DID YOU KNOW**  
THE AVERAGE  
AMERICAN SPENDS  
\$10 A DAY ON GOING  
OUT TO EAT FOR LUNCH  
INSTEAD OF BRINGING  
THEIR OWN.

## **Chicken Avocado Burritos (2 servings)** Adapted from Source: Emmie Martin CNBC <https://www.cnbc.com/>

### **Ingredients**

- 1 cups rotisserie chicken
- 1/2 cup shredded cheese- Mexican or taco blend
- 1/2 diced avocado
- 1/4 tablespoon chopped cilantro
- 2 whole wheat tortillas
- 1/2 teaspoon olive oil
- Optional: sour cream

### **Instructions**

1. Mix shredded chicken, cheese, avocado, cilantro, and sour cream (if using) in a bowl.
2. Spread mixture evenly over the tortillas and wrap like a burrito.
3. Heat a pan or skillet with olive oil to coat the surface over medium high heat.
4. Cook burritos on hot pan for a minute or two on each side until they are crispy and toasted.

## **Zesty Chicken Soft Tacos (2 servings)** Adapted from <https://www.tasteofhome.com/recipes/zesty-chicken-soft-tacos/>

### **Ingredients**

- 1/2 cup reduced-fat sour cream
- 1 tablespoons Sriracha chili sauce
- 1 tablespoons lime juice
- 3/4 teaspoons grated lime zest (optional)
- 1/4 teaspoon salt
- Pinch of black pepper
- 2-3 tortillas, warmed
- 3/4 c to 1 cup rotisserie chicken, skin removed, shredded
- Fresh cilantro (optional)

### **Directions**

In a small bowl, mix the first six ingredients. Spread over tortillas, top with chicken and, if desired, cilantro. Variation: If you do not have enough chicken or you prefer a vegetarian option, substitute your favorite bean.

### **Nutrition Facts**

1 taco: 420 calories, 14g fat (5g saturated fat), 111mg cholesterol, 942mg sodium, 33g carbohydrate (7g sugars, 1g fiber), 37g protein.