

LUNCHBOX

+ *Rescue* +

FOREST CREEK WELLNESS

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WELCOME TO LUNCHTIME

Simplified

It's time to rescue your everyday lunch choices and give them a healthy upgrade – one that your tastebuds will LOVE.

We've created 5 easy mix-and-match, no-fail recipes that will make prepping your lunches a breeze ...

... and eating them a delight.

They'll also rescue your wallet from pricey takeout meals.

All of the options in this book are:

- ✓ *Balanced*
- ✓ *Meal prep friendly*
- ✓ *Almost infinitely customizable*
- ✓ *So delicious you'll be looking forward to lunchtime!*



At Forest Creek Wellness, I help exhausted and overwhelmed mothers regain their energy, mental clarity and vibrancy.

It is my goal to make healthy living simple for you. I have developed proven programs that have helped hundreds of women just like you reach their goals and enjoy the process.

If you want to learn more about getting serious results, make sure to check out the last page of this ebook to discover how to work together.

I hope this guide helps rescue your lunchbox!



COMMITTED

To your success.

KRISTEN FILES

Nutritional Therapy Practitioner
Master Restorative Wellness Practitioner
Board Certified in Holistic Nutrition



RESCUE

Prep

The recipes in this ebook aren't just recipes. They are templates you can use over and over – and never make the same meal twice.

That means they are great for picky eaters AND serious foodies!

Here's how it works:

For each meal, you'll see that some of the ingredients call for a protein, vegetable, or grain.

All you have to do is choose an option from the accompanying list and plug it into the template. You can keep your choices as simple or as fancy as you want.

*****Note:** *The measures in the recipes are for COOKED ingredients – for example, ½ cup of grains means cooked grains, not dry.*

I've also included recipes for 5 fresh and delicious dressings you can use to spice up your meals.

You'll be a lunch-prepping superstar before you know it!



✓ HELPFUL TIP

Do some batch cooking to make your prep even easier.

- Cook up a pot of your favorite grains
- Grill or sauté a protein choice or two
- Slice & chop veggies
- Whisk together some dressings and sauces

This hearty and delicious bowl is always a go-to favorite.

It gets its name from the fact it contains a balance of the macronutrients you need for a healthy meal: proteins, carbs, and fats (plus a good amount of fiber). Mixing up the various ingredient options keeps it fresh, never boring.

Because this keeps well in the refrigerator, I recommend cooking up a batch of your favorite grain and making 3-4 bowls for lunches throughout the week. Add the dressing just before serving. Next, week change it up with a new grain or protein.

Makes 1 serving.



INGREDIENTS

- Grains (see list): ½ cup (100 g)
- Protein (see list): 3-4 oz (85-115 g)
- Veggie (see list): 1 cup (150 g)
- Beans (see list): ½ cup (80 g)
- Dressing (see list): 2 Tbsp
- Topping (see list): choose 1-2 of your favorites

ASSEMBLY

1. Place the grain, protein, veggies, and beans in a container.
2. Just before it's time to eat, toss with your choice of dressing.
3. Add your favorite topping and enjoy!

Salad Bowl

Salads are a classic lunch option... but sometimes they can leave you feeling hungry just an hour or two later.

Not this one! It's packed with ingredients that will fill you up without weighing you down.

Makes 1 serving.

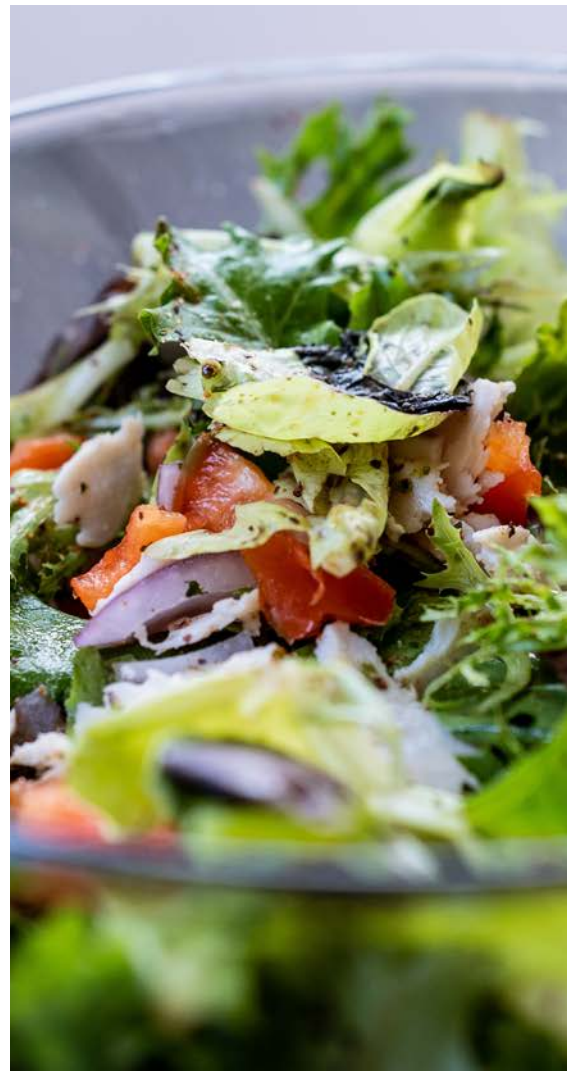
INGREDIENTS

- Salad greens (see list): 2 big handfuls
- Grains (see list): ½ cup (100 g)
- Protein (see list): 3-4 oz (85-115 g)
- Dressing (see list): 2 Tbsp
- Topping (see list): choose 2-3 of your favorites

ASSEMBLY

1. Combine the greens, grains, and protein in a serving bowl.
2. Toss with your dressing just before it's time to eat, and add your toppings.
3. Enjoy!

Pro tip: pack your salad in a quart size mason jar and it lasts several days. Layer in grain, protein, greens and topping. Add dressing when serving.



I LOVE sandwiches! They make a great lunch choice because they're fast and easy. Plus, they're portable!

This sandwich can be changed up depending on the season, what ingredients you have on-hand, and your mood.

It also can be served as an open-faced sandwich with one slice of bread.

Makes 1 serving.



INGREDIENTS

- 2 slices of sprouted grain or long ferment sourdough bread
- Spread (see list): 2 Tbsp
- Salad greens (see list): 2-3 leaves
- Protein (see list): 3-4 oz (85-115 g)
- Toppers (see list): choose 1-2 of your favorites

ASSEMBLY

1. Toast the bread slices, and while it's toasting gather your ingredients.
2. Cover each slice of toasted bread with your sandwich spread.
3. Add the greens, protein, and toppers on top of one of the slices. Cover with the other slice.
4. Wrap it up and keep it refrigerated until it's time to eat.

Bento Box

Bento Boxes win the award for the “funnest” lunch option. Put anything in a fun container and kids love it too! [Here's fun bento box.](#)

Bentos boxes – which originated in Japan – usually have several compartments for different types of food. That makes them a great option for portable lunches. They are a favorite of people who love to “graze” or eat with their fingers.

To make a healthy & filling Bento Box lunch, be sure to include a protein, a veggie, and a healthy fat, along with extras like fruit and grains.

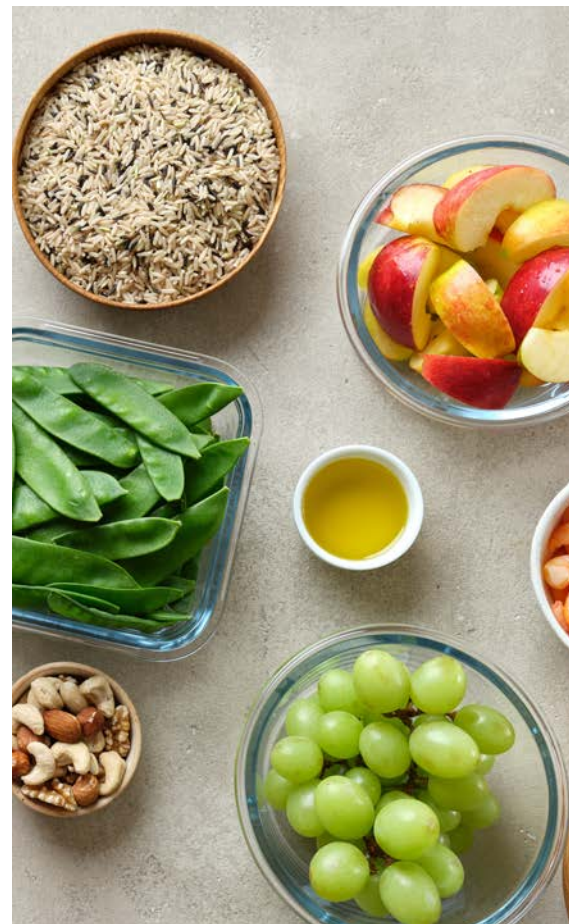
Makes 1 serving.

INGREDIENTS

- Grain (see list): ½ cup (100 g)
- Protein (see list): 3-4 oz (85-115 g)
- Veggies (see list): 1 cup (150 g)
- Fresh fruit (berries, cherries, sliced melon, pomegranate arils, grapes): ½ cup (75 g) –
- Toppings (see list): 1-2 options
- Dressing (see list): 2 Tbsp

ASSEMBLY

1. Place the grain, protein, veggies, fruit, and toppings into different compartments in your container.
2. Add a dressing to pour over your ingredients when it's time to eat, or use it as a dipping sauce for your veggies.



MIX & MATCH

Ingredient Options



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GRAIN OPTIONS *(cooked)*

- Quinoa
- Rice
- Farro
- Barley
- Buckwheat
- Millet
- Bulgur
- Amaranth

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BEAN OPTIONS

(canned, rinsed & drained)

- Chickpeas
- Lentils
- Black beans
- Pinto beans
- White beans

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VEGGIE OPTIONS

(roasted, steamed or raw)

- Broccoli
- Beets
- Squash
- Cauliflower
- Bell peppers
- Green beans or peas
- Carrots

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PROTEIN OPTIONS

- Rotisserie chicken or turkey
- Grilled chicken, turkey, or steak
- Tuna or salmon, foil-packed or broiled
- Hard-boiled eggs

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SALAD GREEN OPTIONS

- Any lettuce variety
- Spinach or baby kale
- Arugula
- Mesclun
- Frisée
- Radicchio
- Escarole
- Endive

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TOPPING OPTIONS

- 1 oz (28 g) nuts or seeds (pepitas, sunflower seeds, pecans, walnuts etc)
- 1-2 Tbsp dried cranberries, raisins, etc.
- 4 Tbsp diced apple, grapes, berries
- ¼ avocado, peeled & cubed
- 2 Tbsp feta or goat cheese crumbles
- Roasted red pepper strips or roasted eggplant slices
- Lettuce, tomato or cucumber slices
- Pickles, kimchi, or sauerkraut

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DIPPING SAUCES, SPREADS AND DRESSING OPTIONS

- ¼ avocado, mashed
- ¼ cup (60 g) hummus
- 2-3 Tbsp tzatziki
- 2 Tbsp pesto
- Mom's Balsamic Dressing *(see recipe)*
- Green Goddess Dressing *(see recipe)*
- Thai Peanut Dressing *(see recipe)*
- Lime-Cilantro Dressing *(see recipe)*
- Ranch Dressing *(see recipe)*

Choose organic when possible

BONUS LUNCHBOX RESCUE

Dressing Recipes

MOM'S BALSAMIC DRESSING

(Makes 12 x 2-Tbsp servings)

INGREDIENTS

- 1 cup (240 ml) extra virgin olive oil
- ⅓ cup (80 ml) balsamic vinegar
- 1 tbsp dried parsley
- 1/2 tsp sea salt
- 1/4 tsp black pepper (just to season)
- 1 tbsp honey mustard
- 1 garlic clove, minced

ASSEMBLY

1. Add all ingredients into a bowl & whisk until thick and creamy.
2. Check for seasoning.

GREEN GODDESS DRESSING

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- 1 cup (225 grams) of full-fat Greek yogurt
- 1 cup (about 25 grams) fresh herbs (remove any tough stems)
- 2 garlic cloves, chopped
- ½ tsp sea salt
- Black pepper, to taste

ASSEMBLY

1. Place all the ingredients in a food processor and process until smooth and green – the herbs should be reduced to tiny flecks.
2. Taste and add more salt and/or pepper if necessary.
3. This will keep in the fridge for up to a week.

BONUS LUNCHBOX RESCUE

Dressing Recipes

THAI PEANUT DRESSING

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- ½ cup (120 g) creamy peanut butter
- 2 Tbsp coconut aminos
- 1 Tbsp honey
- 1 tsp ground ginger (or 2 teaspoons fresh grated ginger)
- 1½ Tbsp apple cider vinegar
- 2-3 “squirts” sriracha sauce (to taste)
- 3-4 Tbsp warm water (to thin the sauce if needed)

ASSEMBLY

1. Place all the ingredients except the water in a small bowl. Stir together until it starts to combine.
2. Add 1 Tbsp of water and whisk together until it reaches your desired consistency, adding more water if necessary.

LIME & CILANTRO DRESSING

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- ½ cup (15 g) finely minced fresh cilantro leaves
- ½ cup (120 ml) extra virgin olive oil
- Juice of 1 large lime
- 2 Tbsp water
- 1 Tbsp apple cider vinegar
- 2 tsp honey
- ½ tsp sea salt

INGREDIENTS CONTD.

- 1 clove garlic, minced
- ½ tsp dried oregano
- 2-3 pinches freshly ground black pepper

ASSEMBLY

1. Place ingredients in a blender or small food processor. Pulse until emulsified.
2. Taste and adjust the seasonings.
3. This will keep for one week in the fridge.

BONUS LUNCHBOX RESCUE

Dressing Recipes

RANCH DRESSING

(Makes 8 x 2-Tbsp servings)

INGREDIENTS

- 1 cup (250 g) nonfat plain greek yogurt
- 2 tsp garlic powder
- ½ tsp onion powder
- 1 Tbsp fresh lemon juice
- 1 tsp dried dill
- ½ tsp sea salt, plus more to taste
- ½ tsp honey
- 3-4 Tbsp water to thin dressing

ASSEMBLY

1. Place all the ingredients except the water in a bowl or mason jar and whisk together until well combined, adding water 1 tsp at a time until it reaches your desired consistency.
2. Taste and adjust seasonings if necessary.
3. This will keep for a week in the refrigerator.

Dressings make a meal in my opinion, so choose 1 make a big batch and have fun!

Ready to Take Your **NEXT STEPS?**

At Forest Creek Wellness my mission is to make American Healthy Again and that starts with you!

If you're tired and exhausted looking for a better way to get started so you can feel energetic and vibrant, I want to invite you to experience a simpler approach to nutrition that's already gotten hundreds of people amazing results.

Ways to Work With Me:

NUTRITIONAL THERAPY

A simple protocol tailored to your specific needs. Includes diet, lifestyle and supplement plan.

[LEARN MORE HERE](#)

RESTART PROGRAM

RESTART your health in just 5 weeks! with this proven group sugar detox and accountability program. Next class series begins in September.

[LEARN MORE HERE](#)



Amanda



Results

"I normally struggle with any sort of healthy eating changes, but the protocols and programs were easy to implement and I saw results that were surprising to me."



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