

LEXI BITES

5 PACKABLE LUNCHES

MEAL 1

PRETZEL CHICKEN
& ZUCCHINI FRIES

MEAL 2

HUMMUS, CHICKEN
& SPINACH WRAP

MEAL 3

BUFFALO PRETZEL CHICKEN
LETTUCE CUPS

MEAL 4

SKINNY CHICKEN
WALDORF SALAD

MEAL 5

CHICKEN, ZUCCHINI & CORN
QUINOA BOWLS

THINGS TO BUY

1 LB CHICKEN TENDERS
1 ZUCCHINI
1 (16 OZ) BAG MINI PRETZELS
2 EGGS
1 CUP FLOUR
HUMMUS
2 WHOLE WHEAT TORTILLAS
SPINACH
DIJON MUSTARD
SRIRACHA
BUTTER
WHITE WINE VINEGAR
BUTTER OR ROMAINE LETTUCE
1 (16 OZ) CONTAINER GREEK YOGURT
1 LEMON
GRAPES
1 APPLE
FRESH OR FROZEN CORN
QUINOA
5 PACKABLE LUNCH CONTAINERS

NOTES: