

APPENDIX E -- GOING 4LEAF SERIES WEEK 3: LUNCH

By Dr. Kerry Graff

Week 3- Game Plan. This week you are going to:

1. Continue your plan for meal planning and shopping (this week you're shopping for breakfasts, snacks and now lunches)
2. Continue eating a 4Leaf breakfast every day.
3. Start batch cooking your lunches.
4. Start eating a 4Leaf lunch every day.
5. Continue eating healthy snacks.
6. Keep track of your progress using the 4Leaf Survey daily reporting version.
7. Start thinking about some 4Leaf dinner options for next week.
8. Continue stocking your pantry with healthy staples.
9. Buy some additional kitchen gadgets like a crock-pot or blender if you feel that they would be helpful.

Lunch. For some of us, lunch is a routine meal and pretty similar from day to day. For others, this is not the case. If you like more variety at lunch than you do for breakfast, you will need to find multiple options for lunch that are 4Leaf. Whether or not you eat lunch at home or at the office, it is much easier to eat 4Leaf if you make it yourself!

We strongly recommend that you learn to cook in batches so that you ALWAYS have a 4Leaf meal ready to warm up for all those times when you don't feel like cooking or don't have time. That said, Jim and I have very different interpretations of "cooking in batches."

The Jim Hicks Way of “cooking in batches”: Jim lives alone and doesn’t have a lot of cooking experience, so if he can eat 4Leaf, you really have no excuse. He has a routine meal that he calls his *Sailors Daily Lunch (or Dinner)*. It basically includes a medley of grains and legumes that he cooks about once every two weeks. He then packages them in ten, one-serving plastic containers, putting eight of them in the freezer and the other two in the fridge. After using one or two from the fridge, he replaces them from the freezer; therefore, he always has the base of his go-to lunch ready to heat up quickly.

The remainder of the meal consists of vegetables or greens that he cooks slightly on top of the rice/beans as they are heated in the microwave. Finally, he adds an assortment of raw fruit and/or veggies on top. Although this regimen may sound boring, he insists that it is not and that he really looks forward to eating this meal every single time. Depending on season, the possible combinations are endless. His method depends on the fact that he has a microwave available. This works for him. It may or may not work for you.

You can also find his *Sailors Daily Lunch or Dinner* under Recipes at 4leafprogram.com

The Kerry Graff Way of “cooking in batches”: I work fulltime and have kids, so my life is crazy busy. But I really love to cook and especially like to try out new recipes. So, every weekend I make a large pot of soup AND a large bean or grain-based salad that will last for several lunches. This allows me to have a 4Leaf meal ready quickly as I dart home from work for lunch and to let the dog out. I can also pack any of these to eat at work if I know I won’t make it home for lunch, but my dog will be a bit desperate for her potty break. Here are a few of my “go to” lunches:

Black Bean and Corn Salad

- 1/3 cup fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/8 teaspoon red pepper flakes
- 2 (15oz) cans of black beans rinsed and drained
- 1 1/2 cups frozen corn kernels, thawed
- 1 avocado-diced
- 1 red pepper, chopped
- 1 cup cherry tomatoes, cut in quarters
- 6 green onions, sliced thinly
- 1/4 cup (or more) fresh cilantro

Mix lime juice, garlic, salt and red pepper flakes in a small jar.

In a large bowl, combine all the other ingredients. Pour the lime dressing over the salad and toss. Serve alone or over greens.

Tabouli Salad

- 1 cup of dry bulgar
- 1 lemon
- 1 large clove of garlic, minced
- 1 teaspoon dried mint
- 3/4 teaspoon salt
- 4 green onions, sliced thinly
- 1 1/2 cups of cherry tomatoes, cut in quarters
- 1 cucumber, seeded and diced
- 1 (15oz) can of chickpeas, rinsed and drained
- A ton of chopped parsley--at least 1 large bunch

Boil 1 cup of water and pour over the bulgar to soak until soft (about 20 minutes). While this is soaking, juice the lemon and mix with the garlic, mint and salt. Chop up all the vegetables. Pour any residual water off the bulgar and add the lemon juice mixture. Add the veggies. Mix well. Chill and serve.

Quick Greens and Beans

- 1 large head of escarole, washed and chopped
- 2 cloves of garlic, minced
- 1 medium onion, chopped
- 6 cups of vegetable broth
- 1 (15oz) can of cannellini beans
- ½ teaspoon dried red pepper flakes
- Salt to taste

Heat a large pot over medium heat. Add the onion to the dry pot and stir for a minute or so until the onion starts to turn a little brown. Continue to sauté the onion in small amounts of vegetable broth until the onion starts to soften. Add the garlic and continue to sauté, adding just enough broth to keep it from sticking. When the onion is translucent, add the red pepper flakes, vegetable broth, beans and escarole. Cook for about 15 minutes. Add salt to taste.

Another of my favorite lunches is whole wheat pita bread stuffed with roasted red pepper hummus, sliced cucumber, tomatoes, black olives and spinach. I also always have on hand at home a few store-bought soups that are 4Leaf. Favorites are Amy's organic lentil vegetable soup and black bean soup.

If you have a Wegmans grocery store near you, and I sincerely hope that you do, they make three prepared

soups that are 4Leaf, although they have more salt than I'd like—Moroccan Lentil Chickpea Soup, Black Bean Soup, and Vegetable Barley Soup. If the soup, sandwich and/or salad doesn't satisfy me, I'll end the meal with a sliced apple, topped with a tablespoon of organic peanut butter.

A word of caution: A big bowl of fruit or a big salad of vegetables is not a complete meal. Why not? Because it doesn't have enough calories to keep you going until your next meal. If you aren't eating enough to keep you satisfied, you will be tempted to eat junk. Don't go there! We recommend that you incorporate some starches in each meal: things like grains, legumes and potatoes (but not French fries or potato chips). Eat until you are comfortably full and always have healthy snacks available.

A final word about routine meals. We cannot overstate the importance of making sure that the meals you eat regularly are 4Leaf meals. If you can't master those routine meals, it will be nearly impossible to reach the 4Leaf level of eating.

IMPORTANT. By the end of Week 3, get rid of ALL your remaining contraband.