

## HEALTHY JAR LUNCHES

### CURRY IN A JAR

- 1 cup roasted pumpkin
- 1 onion, diced
- 1 red bell pepper, diced
- ½ cup organic chickpeas (or other)
- 4 tbsp. curry paste
- 1 tin coconut milk (400 ml/1.5 cups)
- ½ cup vegetable broth or stock
- 1 lime, juiced
- Handful of spinach
- 1 packet organic kelp or rice noodles
- OPTION: 1 tbsp. fish sauce/gluten-free tamari or Worcestershire

#### Preparation:

1. In a large saucepan on medium heat, place coconut milk, curry paste and vegetable broth. Simmer for 5 minutes.
2. Add in roasted pumpkin, onion, bell pepper and chickpeas. Simmer another 5 minutes.
3. Season with fish sauce/tamari/Worcestershire and limejuice.
4. To serve: layer your jar with curry, noodles, and spinach and garnish with coriander leaves.

### ITALIAN ZOODLES

- ½ cup tomato pasta sauce or organic basil and garlic sauce
- 1 zucchini
- Handful of spinach
- 6-8 black olives
- 6-8 cherry tomatoes

#### Preparation:

1. Prepare your Zoodles (zucchini noodles) using a spiralizer or vegetable peeler. You may choose prepared gluten-free noodles of your choice for convenience.
2. Layer your lunch by starting with the sauce on the bottom of the jar, followed by Zoodles/noodles and top with olives, tomatoes and spinach.
3. Just before eating, add a small amount of boiling water and mix well.

### SOBA NOODLE AND ROASTED PUMPKIN SALAD

- Soba noodles of your choice
- ½ cup roasted pumpkin
- ¼ small cabbage, shredded
- 1 small carrot
- 2 small radishes, sliced thinly
- ½ lime

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**Dressing:**

- 1 garlic clove, crushed
- Thumb-sized piece of ginger finely grated
- 1 tbsp. tamari
- 1 tsp, raw honey

**Preparation:**

1. Prepare your salad veggies.
2. Soak noodles in boiling water as per instructions on package.
3. In the bottom of your jar, add dressing ingredients and continue to layer items starting with the noodles, pumpkin, cabbage, carrot, radishes and spinach.
4. Before enjoying, gently shake to coat salad with dressing. Top with a squeeze of lemon.

**GET CREATIVE!**

**Antioxidant Salad in a Jar:** Begin with balsamic vinaigrette and avocado oil (1 tsp. each). Layer in mixed berries, sprouts, carrots, soaked almonds, flax seeds and mixed greens. Option: goat cheese.

**Mediterranean Salad in a Jar:** Start with balsamic vinaigrette. Add artichokes, tomatoes white cannellini beans, cucumbers, pine nuts, oregano and mixed greens. Option: black olives, goat cheese.

**High Protein Salad in a Jar:** Begin with lemon and oil. Add chickpeas, broccoli, cooked quinoa, peas, currants or figs, pumpkin seeds and spinach. Option: soaked nuts

**Detox Salad in a Jar:** Start with the lemon-based dressing of your choice. Layer in pineapple, blueberries, cooked quinoa, fennel, sprouts and kale.

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