Weekday Lunches

One pot of chicken, two fillings



SAMPLE • THE COMPLETE FIRST WEEK

5 dishes, a shopping list and a prep plan for 1 or 2 people.

Open the menu for week 1 ›

How to use the recipes

Each recipe makes lunch for one. For two, use the second shopping-list column and double every ingredient, including the sauce and water called for in the instructions.

What to weigh

Weigh rice, lentils, pasta and cornmeal dry. Weigh meat raw and boneless. Weigh vegetables after washing and trimming. For beans and canned fish, use the cooked or drained weight listed.

Equipment to set out

Set out a scale, lidded pots, a skillet, a baking dish and shallow containers. For the couscous in week 1, use a couscous steamer or a steamer basket lined with a food-safe cloth. Keep the cloth away from the flame.

Basic white rice

For every 50 g of uncooked rice, start with 100 ml of water. Put both in a pot, bring to a boil, cover and lower the heat. Cook for 12 to 16 min, until tender. Add a splash of water if it dries out first. Rest, covered, for 5 min.

Water, oil and salt

Drinking-quality cooking water is omitted from the shopping lists. A teaspoon of oil is 5 ml. A tablespoon of water is 15 ml. Use less than the listed salt if you prefer.

From stove to workplace

1 Cook thoroughly

Wash your hands, keep raw meat apart from ready-to-eat foods and wash the board and utensils between uses. Cook meat and eggs to at least 70 °C at the center. Check with a food thermometer.

2 Portion and cool promptly

Transfer food to shallow containers and start chilling it without leaving it on the counter. Brazil's food safety agency Anvisa advises cooling from 60 °C to 10 °C within 2 hours, then holding below 5 °C or freezing at −18 °C or colder.

3 Decide what to freeze

For these menus, keep only the next two days' lunches in the refrigerator, set to 4 °C or colder. Freeze the rest on prep day. Label each container with the dish and date.

4 Thaw and transport

The night before, move one portion from the freezer to the refrigerator. If thawing in the microwave, reheat and eat immediately. Carry the cold lunch in an insulated bag with ice packs and refrigerate on arrival.

5 Reheat only today's portion

Stir or turn halfway through reheating and check that the center reaches at least 70 °C. Keep cold foods refrigerated until serving. Avoid repeated heating and cooling.

Food storage guidance

Anvisa guide **São Paulo health authority**

One pot of chicken, two fillings

One pot of chicken fills both savory pancakes and a potato-topped pie. A batch of rice goes into two other dishes.

MON	**Chicken pancakes in tomato sauce**
TUE	**Potato-topped chicken and carrot pie**
WED	**Baked rice with vegetables and eggs**
THU	**Brazilian corn couscous with eggs and zucchini**
FRI	**Lentils with squash and rice**

Shopping list ›

Prep plan ›

Measurements and servings ›

How to store ›

What to buy

Amounts for all five lunches. Subtract what you already have and round up to the nearest pack size when shopping.

	1 PERSON	2 PEOPLE
PROTEIN AND DAIRY		
Boneless chicken breast	300 g	**600 g**
Eggs	5	**10**
Milk	120 ml	**240 ml**
Mozzarella	40 g	**80 g**
PRODUCE		
Carrot	105 g	**210 g**
Garlic	3 g	**6 g**
Kabocha squash	170 g	**340 g**
Onion	130 g	**260 g**
Potato	210 g	**420 g**
Tomato	70 g	**140 g**
Zucchini	190 g	**380 g**
PANTRY		
Dried lentils	65 g	**130 g**
Flocão corn flakes for couscous	65 g	**130 g**
Oil	25 ml	**50 ml**
Salt	5 g	**10 g**
Tomato sauce	140 g	**280 g**
Uncooked white rice	120 g	**240 g**
Wheat flour	45 g	**90 g**

Prep plan

For two people, double the quantities in each step.

01 Start with the chicken

For each person, cook the 300 g of chicken for the first two recipes in one pot. Cover with water and cook until the center reaches 70 °C. Shred, weigh and divide equally.

02 While the chicken cooks

Cook all 120 g of uncooked rice per person together. Weigh the cooked rice and divide in half. Use one half for the rice bake and the other for the lentils and squash.

03 Prep the vegetables

Chop the week's onion and carrot. Set aside the quantities for each dish before sautéing. Cook the potato for the pie and mix the pancake batter.

04 Pack the five lunches

Finish the two chicken dishes and the three remaining meals. Cool each one promptly. Refrigerate the first two lunches and freeze the others that same day.

Chicken pancakes in tomato sauce

INGREDIENTS FOR 1 PERSON

Boneless chicken breast	**150 g**
Wheat flour	**45 g**
Eggs	**1**
Milk	**85 ml**
Onion	**25 g**
Tomato sauce	**90 g**
Oil	**5 ml**
Salt	**1 g**

METHOD

1. Cook the chicken in water to 70 °C at the center, then shred. If using the batch, take half the chicken. Sauté the chopped onion in half the oil. Add the chicken, half the salt and 30 g of sauce.
2. Whisk the egg, flour, milk and remaining salt. Grease an 18 to 20 cm skillet with the rest of the oil. Make two thin pancakes, flipping each when the edges lift, and cook on both sides.
3. Divide the filling between the pancakes and roll them up. Cover with the remaining 60 g of sauce. Heat with the lid on until hot in the center.

Store the pancakes covered in sauce so they stay tender when reheated.

Potato-topped chicken and carrot pie

INGREDIENTS FOR 1 PERSON

Boneless chicken breast	**150 g**
Potato	**210 g**
Carrot	**45 g**
Onion	**25 g**
Milk	**35 ml**
Mozzarella	**20 g**
Oil	**5 ml**
Salt	**1 g**

METHOD

1. Cook the chicken to 70 °C at the center and shred, or use the other half of your batch. Boil the diced potato until fork-tender. Drain and mash with the milk and half the salt.
2. Sauté the chopped onion and grated carrot in the oil. Stir in the chicken and remaining salt. Add a splash of water if needed to keep the filling moist.
3. Spoon into a small baking dish. Top with the mash and grated mozzarella. Bake at 200 °C for about 15 minutes, until the cheese melts and the center is hot.

Spread the mash right to the edges to protect the chicken when reheating.

Baked rice with vegetables and eggs

INGREDIENTS FOR 1 PERSON

Uncooked white rice	**60 g**
Eggs	**2**
Carrot	**60 g**
Zucchini	**90 g**
Onion	**25 g**
Tomato sauce	**50 g**
Mozzarella	**20 g**
Oil	**5 ml**
Salt	**1 g**

METHOD

1. Cook the rice or use half the batch. Boil the eggs for 10 to 12 minutes, until both yolks and whites are firm. Peel and chop.
2. Sauté the diced onion and carrot in the oil. Add the diced zucchini and salt. Stir until the vegetables are tender and the moisture from the zucchini has evaporated.
3. Mix the rice, vegetables, eggs and sauce. Transfer to a small baking dish, top with mozzarella and bake at 200 °C for about 12 minutes, until melted.

For more tender eggs after freezing, freeze just the base and cook the eggs on the day you eat it.

Brazilian corn couscous with eggs and zucchini

INGREDIENTS FOR 1 PERSON

Flocão corn flakes for couscous	**65 g**
Eggs	**2**
Zucchini	**100 g**
Tomato	**70 g**
Onion	**25 g**
Oil	**5 ml**
Salt	**1 g**

METHOD

1. Moisten the corn flakes with 40 ml of water and half the salt. Rest for 10 minutes, then fluff with a fork. Spoon loosely into a steamer and cook for 10 minutes once the steam rises.
2. Sauté the diced onion and zucchini in the oil. Add the chopped tomato and let the excess liquid evaporate.
3. Crack each egg separately, then beat with the remaining salt. Add to the vegetables and stir until the eggs are set throughout. Fluff the couscous and serve alongside.

You can freeze the couscous and vegetables together and cook the eggs fresh on the day.

Lentils with squash and rice

INGREDIENTS FOR 1 PERSON

Dried lentils	**65 g**
Uncooked white rice	**60 g**
Kabocha squash	**170 g**
Onion	**30 g**
Garlic	**3 g**
Oil	**5 ml**
Salt	**1 g**

METHOD

1. Cook the rice as on the measurements page or use your reserved portion. Rinse the lentils. Peel the squash and cut into roughly 2 cm cubes.
2. Sauté the chopped onion and garlic in the oil. Add the lentils and 250 ml of water. Simmer for 10 minutes with the lid slightly ajar.
3. Add the squash and salt. Cook for another 12 to 18 minutes, until both are tender. Add hot water a little at a time if needed. Mash a few cubes into the broth and serve with rice.

Leave a little broth with the lentils so they stay moist when reheated.