

Objective: Create a very short list of lunch items

===== Task
Breakdown =====

Task 1: Prompt: Here is the next sub-task prompt:

Generate a short list of 5-7 common and popular lunch items that would appeal to a broad range of people. The list should include a variety of food categories (e.g. sandwiches, salads, soups, etc.) and dietary needs (e.g. vegetarian, gluten-free options). Provide the list in a clear, formatted manner. Result: Here is a formatted list of 5-7 common and popular lunch items that appeal to a broad range of people, including a variety of food categories and dietary needs:

1. Sandwiches
 - Turkey & Swiss on whole wheat bread
 - Veggie & hummus wrap
 - BLT with avocado
2. Salads
 - Grilled chicken Caesar salad
 - Quinoa & roasted vegetable salad (vegetarian, gluten-free)
3. Soups
 - Tomato bisque with grilled cheese croutons
 - Lentil & vegetable soup (vegetarian, gluten-free)
4. Bowls
 - Burrito bowl with brown rice, black beans, salsa, and guacamole (vegetarian option available)
 - Sushi poke bowl with tuna, avocado, and vegetables
5. Pastas
 - Penne with chicken and pesto
 - Lentil bolognese over zucchini noodles (vegetarian, gluten-free)

===== Refined
Final Output =====

Here is the refined list of lunch items:

1. Sandwiches
 - Turkey & Swiss on whole wheat
 - Veggie wrap
2. Salads
 - Chicken Caesar
 - Quinoa & roasted vegetables (v, gf)
3. Soups
 - Tomato bisque
 - Lentil vegetable (v, gf)
4. Bowls
 - Burrito bowl (v option)
 - Tuna poke

5. Pasta

- Chicken pesto penne
- Lentil bolognese with zucchini noodles (v, gf)

v = vegetarian, gf = gluten-free