

KIDS HEALTHY LUNCHBOX PLANNER

Easy 1,2,3 MIX & Match System

1. MAIN COURSE IDEAS

❖ Meat and Salad Sandwich	❖ Egg Salad Sandwich	❖ Pasta Salad
❖ Salad Wrap	❖ Cheese and Ham mini Pizza	❖ Cous Cous salad
❖ Tuna and lettuce pocket	❖ Homemade Burger	❖ Mac 'n Cheese
❖ DIY Lunchables	❖ Leftovers	❖ Fast Peanut Butter Sandwich
❖ Sushi	❖ Chicken, lettuce & mayo wrap	❖ Lasagne
❖ Quiche	❖ Homemade Mini Pies	❖ Potato Salad
❖ Corn Fritters	❖ Chicken Salad	❖ Savoury Slices
❖	❖	❖
❖	❖	❖
❖	❖	❖
❖	❖	❖

2. ADD A FRUIT / VEGETABLE

- ❖ Piece of Fruit (banana, apple, kiwi fruit etc)
- ❖ Apple slices with a tablespoon of peanut butter
- ❖ Carrots sliced with hummus or avocado dip. (My kids like it with peanut butter too)
- ❖ Celery sliced longways and filled with peanut butter and raisins a.k.a. "Ants on a Log"
- ❖ Frozen Grapes (these keep the lunchbox cool in summer)
- ❖ Cucumber slices topped with tuna and mayonnaise (I buy a store bought organic mayo)
- ❖ Cherry tomatoes and hummus on whole wheat or Rye crackers (This is so so so good!)
- ❖ Applesauce (serve in a cup with a spoon – kids love it!)
- ❖ Unsweetened Raisins
- ❖ Freeze Dried Fruit (like mango, banana, blueberries or strawberries)
- ❖ Dried Apple Rings
- ❖ Canned Fruit like Mandarin Oranges (Look for the ones that are canned in juice rather than syrup)
- ❖ Apple and Cheese slices
- ❖ Fruit Kebabs

3. CHOOSE A SIDE

- ❖ Popcorn (plain popcorn and flavor it yourself)
- ❖ Brown Rice Cakes topped with hummus or peanut butter
- ❖ Whole-Wheat Pretzels
- ❖ Homemade Granola Bars / Seed Bars
- ❖ Nuts roasted and salted
- ❖ Hard-Boiled Eggs
- ❖ DIY Vanilla Yogurt (plain Greek Yogurt, maple syrup & vanilla extract)
- ❖ Bliss Balls
- ❖ Guacamole and Wholegrain Pita Chips
- ❖ Breakfast Cookies
- ❖ Homemade Biscuits (Peanut Butter and Ginger Ninja Biscuits are a favourite) Recipes on website.
- ❖ Homemade muffins (Banana / Blueberry/cheese and corn)
- ❖ Chai Seed Pudding