

KIDS HEALTHY LUNCHBOX PLANNER

Easy 1,2,3 MIX & Match System

1. MAIN COURSE IDEAS

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| ❖ 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 |

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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

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