

# LITTLE COOKS CLUB HEALTHY LUNCH BOX CHALLENGE

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and register to receive free monthly lunch box ideas and healthy, hassle-free recipes

[www.littlecooksclub.co.za](http://www.littlecooksclub.co.za)



<b>MONDAY</b>	<p>Thai chicken &amp; peanut (optional) salad with sprouts and butter lettuce Plum or nectarine All bran muffin or rice cakes</p>
<b>TUESDAY</b>	<p>Provita's or snack bread with mashed avo and cream cheese (in a separate container with a small plastic knife) Handful of raisins, pumpkin seeds and sunflower seeds An apple</p>
<b>WEDNESDAY</b>	<p>Baby potato Salad with boiled egg and bacon Packet of SAFARI bites Sliced fresh mango or naartjie</p>
<b>THURSDAY</b>	<p>Leftover meatballs with mini pita bread and tzatziki dip Skewer with cherry tomatoes, cheese &amp; gherkins Small banana</p>
<b>FRIDAY</b>	<p>Fun Friday: "Californian" style wrap with avocado, cucumber, carrots &amp; lettuce Smoked salmon or chicken strips (optional). Grated apple and yoghurt Small packet of nibble &amp; crunch from woolies</p>

**NOTE TO SELF: NO WHITE BREAD. NO SWEETS. NO CHIPS.**

Use Albany 100% smooth wholegrain bread or Albany Low GI seeded brown loaf, conveniently available in buns too. Start the morning with a good protein breakfast.

## IN THE SPOTLIGHT

Seasonal fruit and avocados. Add avo to salads and sandwiches' as they are full of goodness.

## HEALTHY LUNCH BOX TREATS

- Banana, pear, apple or zucchini muffins
- SAFARI Trail mix, made of dried fruit and nuts
- SAFARI GEMS & BITES
- Sweet Potato Salad
- Mini energy bars or granola bars – see website
- Popcorn
- SAFARI Fruit rolls
- Biltong
- Oatees or dried cereal
- Small yoghurt
- Protein bars
- Rusks
- See Crunch combinations in notes
- Digestive biscuits, oat biscuits
- Pickles, gherkins, olives, feta cheese
- Crudités: carrots, cucumbers, cherry tomatoes, broccoli, baby corn, mange tout with dips

## SANDWICH FILLING IDEAS

- Cottage cheese with walnuts or pumpkin seeds
- Hummus with baby spinach & grated carrots
- Cheddar cheese with ham and apple
- Peanut butter with raisins and grated carrots
- Smoked salmon and cream cheese
- Roast beef, lettuce and honey
- Bacon, Lettuce and tomato
- Sausage & boiled egg
- Bovril & cheese

