

# LITTLE COOKS CLUB HEALTHY LUNCH BOX CHALLENGE

VISIT OUR WEBSITE

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>	Shredded Cabbage and tuna salad A Pear All bran muffin or Courgette & raisin Loaf
<b>TUESDAY</b>	Penne Pasta with pesto sauce, cherry tomatoes and feta cheese An apple Small muesli bar Chicken Drumstick
<b>WEDNESDAY</b>	Chicken & Mayo on a delicious whole-wheat roll or bread Skewer with cucumber, carrot, cherry tomato and cheese SAFARI Bites A Naartjie or Clementine
<b>THURSDAY</b>	A container with baked beans and a small spoon, pita bread & grated cheese. A plum or Strawberries Health Rusk or seed bar
<b>FRIDAY</b>	Fun Friday: Mexican Fiesta. Get some Nacho's and have a small container of grated cheese, chopped up tomatoes, Guacamole (mashed avo). Biltong sticks Dried Mango

**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

Try adding some delicious nuts to the lunch boxes e.g Walnuts, pecan nuts or macadamia nuts. Great for energy

## HEALTHY LUNCH BOX TREATS

- Banana, pear, apple or zucchini muffins
- SAFARI Trail mix, made of dried fruit and nuts
- SAFARI GEMS & BITES
- Fritatas – veggie & Bacon
- Mini energy bars or granola bars – see website
- Grapes, Sliced apples
- SAFARI Fruit rolls
- Biltong
- Pumpkin Seeds and Raisins
- Small yoghurt
- Protein bars
- Rusks
- Oranges
- 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
- Tuna & Mayo with sweet corn
- Cheddar cheese with Gherkins
- Peanut butter with Cheese and grated carrots
- Smoked salmon and cream cheese
- Egg Wrap
- Roast beef, lettuce and honey
- Fish paste and cucumber
- Chicken and Mashed avo

