

# HEALTHY LUNCH BOX CHALLENGE

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to download our free lunch box ideas monthly or browse through our amazing recipes

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



<b>MONDAY</b>	Shredded lettuce, carrot, grated cheese and mayo wrap. Strawberries/raspberries or grated apple in yoghurt (or without). Small packet of SAFARI Trail mix.
<b>TUESDAY</b>	Chicken & mayo on Albany 100% smooth wholegrain brown bread. Peach or nectarine. Dried mango slices (from Woolies - are delicious).
<b>WEDNESDAY</b>	Tuna & chickpea spread with mini pita breads or Provitass (add small plastic knife). Mini fruit salad or fruit on a stick, with a Greek yoghurt & honey dip. A small packet of SAFARI raisins or pistachio nuts.
<b>THURSDAY</b>	Sweet & sticky chicken drumsticks with julienne carrots, cucumbers and cherry tomatoes. Sliced fresh mango or a banana. Pretzels.
<b>FRIDAY</b>	Fun Friday: Tomato, basil, feta & fresh asparagus pasta salad. Biltong strips or dried wors. SAFARI Bites.

**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

Introduce a new fruit this month – something you don't even eat.  
Try ALBANY'S NEW ULTIMA BREAD RANGE – delicious.



## 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

- Tomato, Mozzarella & pesto
- Bovril & cheese
- Rice paper roll with carrots, avo and cucumber
- Rice sandwiches' – visit a Chinese shop
- Tuna with cheddar & cucumber
- Peanut butter & honey
- Cucumber and hummus
- Bacon, Lettuce and tomato
- Lamb and hummus

