

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



MONDAY	Shredded lettuce, chicken, apple, mayo wrap Strawberries or grapes Small packet of SAFARI Trail mix
TUESDAY	Breakfast Cup – Sliced fruit, little brown sugar, vanilla yoghurt and muesli Crystal Spring Rolls with a little sweet chili sauce Dried Mango slices or Apple
WEDNESDAY	Couscous, feta, cucumber and pistachios salad with a little lemon (cold with a fork) Mini yoghurt with large strawberries to dip into yoghurt Biltong Stick
THURSDAY	Carrot & Apple meatballs (leftovers), mini pita breads with tomato sauce for dipping Peach or Nectarine
FRIDAY	Mini Braai Friday: Cold chicken drumstick or kebab, coleslaw & cherry tomatoes (pack a fork). Sliced fresh pineapple or watermelon Bread Roll or Rusk

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

AWESOME FRUIT AVAILABLE - take your kids to your local fruit shop and choose some delicious fruit in season, try something different

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
- Tuna with cheddar & cucumber
- Rice sandwiches’ – visit a Chinese shop
- Peanut butter & honey
- Cucumber and Hummus
- Bacon, Lettuce and tomato
- Lamb and Hummus

