

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	Seeded wrap with cream cheese, lettuce and smoked trout or ham A peach or nectarine Future life home-made cookie
Tuesday	Mini home-made burger on a whole-wheat roll or on it's own with a salad (mini meatballs from last nights dinner) Grapes or watermelon strips
Wednesday	Fruit salad or muesli with yoghurt (in your food flask or cool container) Carrot & Baby marrow muffin Biltong sticks or nuts
Thursday	Sticky chicken drumsticks (from last night's dinner) or sliced chicken breast, strips of cheddar, cherry tomatoes, strips of cucumber & olives Health rusk or home-made energy bar or dried mango
Friday	Whole wheat sandwich with cream cheese, grated carrots, lettuce and gherkins Sliced mango or a Peach A boiled egg, peeled with a dipping of salt /pepper

HEALTHY LUNCH BOX TREATS

- Future life cookies – see recipe
- SAFARI Trail mix, made of dried fruit and nuts
- Dried Fruit
- Potato & Bacon Salad
- Mini energy bars or granola bars – see website
- Chocolate coated dates
- Fruit: grapes, watermelon, berries, apples, bananas
- Biltong / Salami
- Oatees or dried cereal
- Small yoghurt
- Protein bars (but read packaging first and go to health shops
- Rusks
- Digestive biscuits, oat biscuits
- Pickles, gherkins, olives, feta cheese
- Crudités: carrots, cucumbers, cherry tomatoes, broccoli, baby corn, mange tout with dips
- Trail mix

SANDWICH FILLING IDEAS

- Peanut butter, Jam & banana
- Chicken & cashew nuts with mayo
- Tuna with corn
- Roast beef with chutney & pickles
- Cottage cheese & strawberries
- Avocado, cucumber & hummus
- Pesto, tomato & mozzarella with lettuce
- Beef or ham with avo
- Chicken with apple and raisins

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

Join the SWITCH CHALLENGE for all children to eat healthy and get active www.switch@health.co.za HEALTHY MIND & BODY

