

HEALTHY LUNCH BOX CHALLENGE

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Monday	Gluten free muffins (make over the weekend) see recipe Broccoli, cherry tomatoes & carrots with Hummus Biltong sticks
Tuesday	Sheets of Nori (wraps) filled with a variety of fillings e.g. chicken strips, cucumber and avo Plum or apple or orange Boiled egg (peeled)
Wednesday	Fresh tomato Soup (in your food flask) with some gluten free bread or snack bread Fruit kebab with yoghurt Chickpea fudge – see recipe
Thursday	Rye bread with cream cheese and smoked trout or cream cheese & Gherkins Grapes, banana or raisins Cashew nuts
Friday	Baby potato salad with yoghurt, spring onions, cumber & feta Chicken drumstick Dried fruit

HEALTHY LUNCH BOX TREATS

- Gluten free muffins
- SAFARI Trail mix, made of dried fruit and nuts
- SAFARI GEMS & BITES
- Sweet Potato Salad
- Oat muffins
- Buckwheat pancakes
- SAFARI Fruit rolls
- Biltong
- Cashew nuts, Brazil nuts
- Small yoghurt
- Protein bars
- Rusks – gluten free
- Rice cakes
- Chickpea Fudge / Gluten free Brownies
- 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
- Tuna with cheddar & cucumber
- Cashew nut butter & honey
- Rice sandwiches' – visit a Chinese shop
- Cucumber and Hummus
- Bacon, Lettuce and tomato
- Nori roll with carrots, avo and cucumber
- Lamb and Hummus



IN THE SPOTLIGHT
GLUTEN FREE LUNCH BOX