

LITTLE COOKS CLUB HEALTHY LUNCH BOX CHALLENGE

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and register to receive free monthly lunch box ideas and healthy, hassle-free recipes

www.littlecooksclub.co.za



MONDAY	Sweet Chili & tuna pasta salad with peppers (pack a fork) Strawberries Dried Mango or Dried Cranberries
TUESDAY	Mulligatawny Soup (pack a spoon) A bunch of grapes Pistachio nuts or cashews
WEDNESDAY	Seeded Health Roll with Mayo, ham, cheese, gherkins and lettuce Fruit kebab with strawberries, guava, grapes & pears Biltong sticks or packet of trail mix
THURSDAY	Mini Pita breads with two containers one with Hummus and the other Tzatziki Cherry tomatoes, cream cheese & olives SAFARI dried fruit & Pop corn
FRIDAY	FUN FRIDAY: Sweet Potato & Butternut chips (homemade) Healthy Bran muffins or Apple & Cinnamon Muffin Peeled orange

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

FOOD FLASK – stunning to keep soup or pasta warm

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
- Cudités: carrots, cucumbers, cherry tomatoes, Broccoli, baby corn, mange tout with dips

SANDWICH FILLING IDEAS

- Egg Wrap
- Tuna & Mayo with sweet corn
- Cottage cheese with walnuts or pumpkin seeds
- Peanut butter with Cheese and grated carrots
- Smoked salmon and cream cheese
- Cheddar cheese with Gherkins
- Roast beef, lettuce and honey
- Fish paste and cucumber
- Chicken and Mashed avo

