

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



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| MONDAY | Tuna and mayonnaise on Albany 100 % smooth wholegrain brown bread A small bunch of grapes A small container or packet of pop corn A SAFARI Dried fruit bar or roll |
| TUESDAY | A Wrap filled with cream cheese and grated carrots – rolled and wrapped Sliced watermelon or Pear/Orange A small packet or container of SAFARI raisins Small yoghurt if necessary with a spoon |
| WEDNESDAY | Fruity Pasta Salad or cold pasta salad – in a separate bowl with a fork Biltong sticks or Salami Sticks Savoury rice cakes or rice bites |
| THURSDAY | Ham, Cheese & gherkin Sandwich on Albany 100% smooth wholegrain brown bread Fruit Kebab or apple Drinking yoghurt SAFARI BITES or SAFARI GEMS |
| FRIDAY | Fun Friday: Anti-pasta platter: Provita's / crackers or mini pita breads. Then add in a whole of little things like cherry tomatoes, olives, feta, gherkins, cheeses & ham or hummus. A little knife for spreading Home-made banana muffin |

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

SAFARI PRODUCTS: all kid approved, healthy and full of fiber. Great for snack time - available in convenient, small packets.



HEALTHY LUNCH BOX TREATS

- Banana, bran, apple or carrot muffins
- SAFARI Trail mix, made of dried fruit and nuts
- SAFARI Peanuts and raisins
- Popcorn
- Mini energy bars or granola bars – see website
- Rice cakes or rice bites (savory or sweet)
- SAFARI Fruit rolls
- Biltong
- Oatees or dried cereal
- Small yoghurt
- Protein bars
- Rusks
- Homemade health bars – see website
- Digestive biscuits, oat biscuits – see website
- Pickles, gherkins, olives, feta cheese
- Crudité's: carrots, cucumbers, cherry tomatoes, broccoli, baby corn, mange tout with dips



SANDWICH FILLING IDEAS

- Egg and mayonnaise
- Ham and cheese
- Tuna and mayonnaise or chicken & mayo
- Peanut butter & honey
- Jam, Bovril or cheese spread
- Cucumber and Hummus
- Tzatsiki with left over chicken
- Cold sausages & chutney
- Tuna and chickpeas (blended)

