

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



MONDAY	<p>Chicken and mayonnaise on Albany 100% smooth wholegrain brown bread An apple, peach or nectarine A small container of cashew nuts or peanuts Small Jungle Energy bar - strawberry</p>
TUESDAY	<p>Thinly sliced beef or ham with a dash of chutney & cheese on an Albany 100% Smooth wholegrain brown bun Sliced carrots, cucumber and broccoli with a small container of cream cheese Small packet of Safari Bites (dried fruit)</p>
WEDNESDAY	<p>Provita's with thinly sliced cheddar cheese or kiwi cheese A small bunch of grapes A handful of pistachios nuts or peanuts Biltong sticks or slices</p>
THURSDAY	<p>Wrap or pita bread with hummus or tuna and mayonnaise (Albany 100% Smooth wholegrain brown bread could also be used.) Popcorn or Oatees in a container Chopped up fruit (fruit salad) and a small yoghurt – include teaspoon</p>
FRIDAY	<p>Bran muffins, suggest Golden Cloud bran muffin mix – add grated apple and carrots (see website for recipe), Mixture of berries (Strawberries, raspberries & blueberries) or fruit kebab Yoghurt rice cakes</p>

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.



Kids In The Kitchen cc trading as
Little Cooks Club
 Creating a Passion for Good Food, in Children



IN THE SPOTLIGHT

KID APPROVED: ALBANY 100% Smooth wholegrain brown bread or buns



HEALTHY LUNCH BOX TREATS

- Banana, bran, apple or carrot muffins
- Trail mix, made of dried fruit and nuts
- Peanuts and raisins – safari bites
- Popcorn
- Mini energy bars or granola bars – see website
- Rice cakes
- 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 cottage cheese
- Tuna and mayonnaise
- Black Cat Peanut butter & honey
- Jam or Bovril
- Cucumber and Hummus
- Tzatsiki with left over chicken
- Black Cat Peanut butter and banana
- Hummus and chickpeas

