

LITTLE COOKS CLUB 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



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| MONDAY | Tuna & Mayo with lettuce on a Seeded Roll Guava or Litchis Dried Cranberries or Raisins |
| TUESDAY | Pear & Muesli Muffins Selection of raw veggies, carrots, cucumber, broccoli with hummus Biltong sticks Small Yoghurt |
| WEDNESDAY | Chicken Caesar Salad (pack a fork) croutons on the side Strawberries or Melon Oat & Seed Slice |
| THURSDAY | Provita's or pita bread with cheese, gherkins, cherry tomatoes & olives Container of Baked beans with a small fork An apple or grapes Lemon & Poppy Seed Biscuits |
| FRIDAY | Coronation Chicken Pasta Salad - pack a fork Packet of cashew nuts or pistachios Handful of raisins An orange |

HEALTHY LUNCH BOX TREATS

- Banana, pear, apple or zucchini muffins
- SAFARI Trail mix, made of dried fruit and nuts
- SAFARI GEMS & BITES
- Sweet Potato Salad
- Mini energy bars or granola bars – see website
- Popcorn
- SAFARI Fruit rolls
- Biltong
- Oatees or dried cereal
- Small yoghurt
- Protein bars
- Rusks
- See Crunch combinations in notes
- Digestive biscuits, oat biscuits
- Pickles, gherkins, olives, feta cheese
- Crudité's: carrots, cucumbers, cherry tomatoes, broccoli, baby corn, mange tout with dips

SANDWICH FILLING IDEAS

- Cottage cheese with walnuts or pumpkin seeds
- Cheddar cheese with ham and apple
- Peanut butter with raisins and grated carrots
- Hummus with baby spinach and grated carrots
- Smoked salmon and cream cheese
- Roast beef, lettuce and honey
- Bacon, Lettuce and tomato
- Sausage & boiled egg
- Bovril & cheese

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 – great for pasta or baked beans. Purchase a great container for salads with a dressing compartment.

