

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



Monday	Shredded chicken, avocado and lettuce wrap Grapes Almonds or cashew nuts Cheese cube
Tuesday	Fusilli Pasta with sun dried tomatoes, basil, feta and mange tout (little olive oil/salt/pepper) Clementine or strawberries Drinking yoghurt
Wednesday	Boiled eggs (peeled), mini meatballs, cream cheese, cherry tomatoes, cucumber, broccoli Healthy energy bar (home-made) Guavas or banana Popcorn
Thursday	Homemade banana and bran muffin Chicken Caesar salad (dressing on the side) Safari trail mix or nuts Grapes or apple
Friday	Sushi hand roll with carrots, cucumber and avo (soy dipping sauce on the side) Biltong sticks Healthy rusk or homemade cookies Orange (peeled already)

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 or future life crunch
- Small yoghurt or drinking yoghurt
- Protein bars
- Rusks
- Rice cakes
- Digestive biscuits, oat biscuits
- Pickles, gherkins, olives, feta cheese
- Crudités: carrots, cucumbers, cherry tomatoes, Broccoli, baby corn, mange tout with dips

SANDWICH FILLING IDEAS

- Egg and mayo
- Cheese, Ham, lettuce and pickle
- Tuna with corn and mayo
- Peanut butter & banana with a little honey
- Rice sandwiches' – visit a Chinese shop
- Hummus & tuna
- Bacon, Lettuce and tomato
- Rice paper roll with carrots, avo and cucumber
- Chicken with avo

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

Try a week without bread. Plan your diner menu to coincide with your lunch menu

