

HEALTHY LUNCH BOX CHALLENGE

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www.littlecooksclub.co.za



Monday	Quinoa & Brown rice salad or Sweet chilli tuna pasta salad (in food flask) An apple or Raspberries Biltong stick or cheese
Tuesday	Chicken & Mayo on a brown roll Peach or nectarine 2 x Cereal or Muesli bars (home-made)
Wednesday	Grated cheese, carrot, lettuce & mayo wrap or sandwich Pistachio nuts or peanuts Grapes or sliced watermelon Home-made Rusk
Thursday	Tuna & chickpea spread with Provita's Sliced fresh mango or a banana Power Muffin
Friday	"Nibbles" Cherry tomatoes, cucumber, carrot sticks, cheese, grapes, avo or cream cheese dip with pita bread or provita's SAFARI Bites Oat Biscuits

HEALTHY LUNCH BOX TREATS

- Power Muffins – see recipe
- SAFARI Trail mix, made of dried fruit and nuts
- Dried Fruit
- Potato & Egg Salad
- Mini energy bars or granola bars – see website
- Popcorn – home-made
- Fruit: grapes, watermelon, berries, apples
- Biltong
- Oatees or dried cereal
- Small yoghurt
- Protein bars (but read packaging first)
- Rusks
- See Crunch combinations in notes
- Digestive biscuits, oat biscuits
- Pickles, gherkins, olives, feta cheese
- Crudités: carrots, cucumbers, cherry tomatoes, broccoli, baby corn, mange tout with dips

SANDWICH FILLING IDEAS

- Tomato, Mozzarella & pesto
- Bovril & cheese / Egg & Mayo
- Tuna with cheddar & cucumber
- Peanut butter & honey
- Ham, Cottage cheese & gherkins
- Cucumber and Hummus
- Bacon, Lettuce and tomato
- Jam & grated cheese
- Smoked salmon, cream cheese & cucumber

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

Mom to BAKE over the weekend – muffins, healthy bars, rusks and biscuits. You will feel better about them grabbing them on the go xx

