

LUNCHBOX IDEAS



TACOS

2-3 fruits/veggies

- grapes
- capsicum
- lettuce

2-3 carbs

- soft taco wraps
- bliss ball

1-2 protein

- taco mince
- black beans

1 dairy

- grated cheese

TOASTIE & SNACKS

2-3 fruits/veggies

- cucumber
- blueberries

2-3 carbs

- sandwich bread (ham & cheese toastie)
- popcorn

1-2 protein

- ham sandwich filling

1 dairy

- cheese sandwich filling



TIPS

- to make tacos a more convenient lunch we suggest having tacos for dinner and making extra to use as leftovers for lunches
- save time by pre slicing fruits and veggies and storing in airtight containers at the start of the week
- to keep produce fresh for the whole day we suggest using an icepack in a lunch bag to keep the food chilled

LUNCHBOX IDEAS



SNACK PLATE

2-3 fruits/veggies

- pickles
- banana

2-3 carbs

- popcorn
- whole grain crackers

1-2 proteins

- salami bites
- chocolate protein bar

1 dairy

- cheese slices

SUSHI

2-3 fruits/veggies

- peaches
- snow peas
- fruit leather

2-3 carbs

- chocolate crepes
- rice (in sushi)

1-2 proteins

- Salmon (in sushi)

1 dairy

- add milk or yoghurt pouch on side

TIPS

- to make sushi more convenient buy pre-made sushi from the supermarket or sushi shop

- swap the fruit roll for homemade fruit leather by following this recipe ↓

https://www.simplyrecipes.com/recipes/how_to_make_fruit_leather/

- swap pickles for cucumbers as they will be less messy in lunchboxes
- swap chocolate crepes for ham and cheese or cream cheese filled crepes for a more filling option



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PIZZA

- 2-3 fruits/veggies
- berries
 - carrots
 - apple sauce

- 2-3 carbs
- chocolate cookies
 - pizza base

- 1-2 proteins
- pepperoni on pizza

- 1 dairy
- cheese on pizza

SNACKS

- 2-3 fruits/veggies
- cucumber
 - carrots
 - apples
 - blueberries

- 2-3 carbs
- chocolate rice crispy
 - rice cakes
 - cruskits

- 1-2 proteins
- add chicken tenders or boiled egg on side

- 1 dairy
- cream cheese in cruskits



TIPS

- add milk or yoghurt to lunches for extra dairy and calcium serves
- swap chocolate cookies for chocolate protein bar for added protein
- use whole grain cruskits instead of regular ones for more fibre and slower digestion'
- pre-cook a large batch of boiled eggs or chicken nuggets and heat and package in thermos throughout the week to save time

LUNCHBOX IDEAS



SANWICHES

SCROLLS

2-3 fruits/veggies

- strawberries
- celery
- raisins

2-3 fruits/veggies

- berries
- carrots
- grapes

2-3 carbs

- whole grain sandwich bread
- pretzels

2-3 carbs

- chocolate cookies
- ham and cheese scrolls

1-2 proteins

- ham in sandwich

1-2 proteins

- ham in scrolls

1 dairy

- cheese in sandwich

1 dairy

- cheese in scrolls

TIPS

- add milk or yoghurt to lunches for extra dairy and calcium serves
- swap chocolate cookies for chocolate protein bar for added protein
- add more veggies to the pasta, sandwich and scrolls to make them more filling

PASTA

2-3 fruits/veggies

- blue berries
- strawberries
- apples

2-3 carbs

- pasta
- chocolate cookie
- nut bar

1-2 proteins

- add meatballs to pasta

1 dairy

- yoghurt

