

HEALTHY LUNCHBOXES IDEAS

1. FRUIT

Pineapple
Peach Orange Pomegranate
Pear
Cherries Clementine
Berries Kiwi Banana
Dried Apricots Nectarine Grapes
Homemade smoothie Apple

2. VEG

Sugarsnap peas
Cherry tomatoes Peppers Radish
Baby Beetroot Broccoli
Celery Baby Corn VEG SOUP
Bean Salad Cucumber Homemade coleslaw
Carrot

3. EXTRA

Pea and Mint Spread
Pesto Dip
Mackerel Pâté
Almond butter
HUMMUS Cheese cubes Olives
Mango Dip Avocado & butterbean spread
Hard boiled egg Mixed seeds
Carrot Cake mini-muffin Banana oat cookies

MAIN – WHOLEGRAIN WRAP / PITTA / ROLL / CRACKERS / Pasta / NOODLES

Peanut / pumpkin seed Butter & banana

Egg, Cress & Healthy Mayo

Cheddar & tomato / cucumber

Smoked salmon & cream cheese

Hummus and grated carrot

Prawns, avocado, cucumber

Tuna, sweetcorn & Healthy Mayo

Tinned salmon & peppers with Healthy mayo

Slice of quiche / frita

Falafel, hummus, cucumber, tomato

TOP TIPS!

1. Always give water to drink
2. Include a protein food and portion of vegetables every day
3. Make sure you give wholegrains

Homemade Smoothie

- 1/2 banana, handful berries
 - 1 tbsp natural probiotic yoghurt
 - 1/2 tbsp ground linseeds
 - 1/2 avocado
 - BLITZ in a food processor!
- Thin with water if necessary, add celery/ cucumber/ spinach for greens!

Pesto Dip

- MIX together 2 tbsp natural probiotic yoghurt & 1 tbsp green or red pesto

Mackerel Pâté

- 1 pack smoked mackerel fillets, skinned
- 4 spring onions, finely sliced
- Juice 1/2 lemon
- 3 tbsp natural yoghurt
- 2 tsp horseradish (optional)
- MASH all ingredients with a fork!

Carrot cake mini muffins

- 1 1/2 cup ground almonds
- 1/2 tsp sea salt
- 1/2 bicarbonate of soda
- 1/2 tbsp cinnamon
- 3 large eggs
- 1 1/2 tbsp coconut oil
- 3 tbsp. maple syrup
- 1 1/2 cups grated carrot

MIX dry ingredients and wet separately. Add wet into dry. Bake 180oC for 20mins. Makes 18 mini muffins

Mango Dip

- 2 tbsp probiotic natural yoghurt
- 1 tbsp mild mango chutney
- STIR all ingredients together

Pea and Mint Spread

- 3 cups frozen peas
- 1 clove fresh garlic, crushed
- 5 tbsp extra virgin olive oil
- 1/2 - 1 cup fresh mint leaves, roughly chopped
- Pinch sea salt
- BLITZ in a food processor!

Healthy Mayo

- Mix 1/2 mayo and 1/2 probiotic natural yoghurt

Avocado & Butterbean Spread

- 1 tin butterbeans
- 1 ripe avocado
- 2 limes, juiced
- Handful fresh coriander
- BLITZ in a food processor!

Banana Oat Cookies

- 80g porridge oats
- 20g ground linseeds
- 2 bananas, mashed
- 1 tbsp. chocolate chips (optional)
- MIX ingredients together and place teaspoons baking sheet lined with baking paper. Flatten slightly. Bake at 180C for 10 – 12 minutes until lightly browned