

Lunch BOX

PLANNER

Lunchbox 1

Bagel with tuna, sweetcorn and low fat mayo

Water

Fresh fruit chopped into yogurt



Lunchbox 2

Soda bread pizza with tomato and cheese

Vegetable sticks with hummus

Fruit smoothie

Lunchbox 6

Ham salad pitta bread

Banana

Yogurt

Water



Lunchbox 7

Chicken, lettuce, tomato, onion and low fat mayo wrap

Water

Pot of custard and grapes

Lunchbox 3

Roast beef, lettuce, tomato roll

Fruit salad

Yogurt

Water



Lunchbox 8

Egg and onion sandwich

Carrot sticks

Fruit pot

Milk



Lunchbox 4

Rice salad with salmon and vegetables

Milk

Handful of raisins

Kiwi fruit



Lunchbox 5

Crackers and cheese

Slice of plain cake

Cherry tomatoes

Carton of unsweetened fruit juice

Lunchbox 9

Vegetable soup and wheaten bread

Apple

Milk

Lunchbox 10

Ham and vegetable pasta

Grapes

Yogurt

Fruit smoothie



For more ideas, check out:

www.littlesteps.eu

www.safefood.eu

www.eatwell.gov.uk

www.enjoyhealthyeating.info