



LUNCHBOX

Inspiration

50 SIMPLE IDEAS FOR HAPPY, HEALTHY LUNCHES



FRUIT

- 1 Apple slices
- 2 Grapes
- 3 Strawberries
- 4 Blueberries
- 5 Mandarin segments
- 6 Kiwi slices
- 7 Pineapple chunks
- 8 Watermelon cubes
- 9 Orange slices
- 10 Banana
- 11 Pear slices
- 12 Cherries
- 13 Peach or nectarine slices
- 14 Mango cubes
- 15 Raspberries
- 16 Dried apricots
- 17 Dried cranberries



SANDWICHES

- 1 Cheese sandwich
- 2 Ham sandwich
- 3 Turkey sandwich
- 4 Chicken sandwich
- 5 Egg mayo sandwich
- 6 Tuna mayo sandwich
- 7 Peanut butter sandwich
- 8 Jam sandwich
- 9 Cheese & cucumber
- 10 Ham & cheese
- 11 Turkey & lettuce
- 12 Chicken & salad
- 13 Hummus & cucumber
- 14 Cream cheese & lettuce
- 15 Avocado & tomato
- 16 Cheese & pickle
- 17 Leftover roast meat wrap



PROTEIN

- 1 Cheese cubes
- 2 Boiled egg
- 3 Hummus dip
- 4 Hard cheese slices
- 5 Chicken pieces
- 6 Turkey slices
- 7 Ham slices
- 8 Tuna pot
- 9 Edamame beans
- 10 Falafel bites
- 11 Yogurt tube
- 12 Beef or chicken bites
- 13 Lentil bites
- 14 Quinoa bites
- 15 Cottage cheese pot
- 16 Peanut butter
- 17 Mixed nuts



VEGETABLES

- 1 Cucumber sticks
- 2 Carrot sticks
- 3 Cherry tomatoes
- 4 Celery sticks
- 5 Sugar snap peas
- 6 Bell pepper strips
- 7 Mini corn on the cob
- 8 Broccoli florets
- 9 Cauliflower florets
- 10 Gherkins
- 11 Olives
- 12 Lettuce leaves
- 13 Baby spinach
- 14 Edamame beans
- 15 Roasted veg cubes
- 16 Beetroot cubes
- 17 Sweet potato cubes



TREATS

- 1 Homemade muffin
- 2 Mini cookies
- 3 Rice cake
- 4 Popcorn
- 5 Homemade flapjack
- 6 Fruit leather
- 7 Yoghurt raisins
- 8 Banana bread slice
- 9 Chocolate squares
- 10 Mini granola bar
- 11 Dried fruit
- 12 Mini pretzels
- 13 Cheese crackers
- 14 Trail mix
- 15 Mini rice cakes
- 16 Fruit snack
- 17 Jelly pot



EXTRAS & FUN IDEAS

- 1 Dips (hummus, tzatziki)
- 2 Cheese & crackers
- 3 Mini pitta pockets
- 4 Sushi rolls
- 5 Pasta salad
- 6 Couscous salad
- 7 Mini quiche
- 8 Homemade pizza slice
- 9 Tortilla pinwheels
- 10 Smoothie pot
- 11 Soup in a thermo jar
- 12 Bagel sandwich
- 13 English muffin pizza
- 14 Mini frittata
- 15 DIY lunchable box
- 16 Bento box style
- 17 Surprise note!

Mix, match
& enjoy!



PLAN AHEAD



PREP
IN BATCHES



KEEP
IT COOL



USE
REUSABLES



KEEP IT
FUN

A little love
goes a long
way.



♥ GOOD FOOD • HAPPY KIDS • READY TO LEARN ♥