





# HEALTHY LUNCHBOX

## Snack Planner

### TOP TIPS

Limit salt & sugar  
Keep hydrated  
Keep food cool

Fresh is best • Variety is key  
Spritz your avocado, apple & banana with a little lime juice to prevent browning  
Make it look appetising and fun!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				

### EAT IN SMALL QUANTITIES

- Cookies
- Nut Clusters
- Mini Muffins
- Pikelets
- Waffle sticks
- Energy Balls
- Banana Bread



### EAT IN MODERATION

- Ham slices
- Chicken breast
- Meat balls
- Tuna/salmon
- Cheese sticks
- Boiled eggs
- Savoury muffins
- Popcorn
- Rice cakes
- Yoghurt
- Wholegrain crackers
- Dried cereal
- Healthy snack bars
- Zucchini slice



### EAT MOST

- Vegetables:**
  - Carrot sticks
  - Celery sticks
  - Cucumber sticks
  - Green beans
  - Snow peas
  - Broccoli florets
  - Cauliflower florets
  - Corn cobs
- Dips/Spreads:**
- Hummus
- Cottage cheese
- Cream Cheese
- Beetroot
- Avocado
- Seasonal Fruit:**
  - Apple
  - Berries
  - Grapes
  - Banana
- Orange
- Watermelon
- Paw paw
- Rockmelon
- Dried Fruit
- Pumpkin seeds
- Sunflower seeds
- Baked beans
- Salad



### ADD YOUR OWN