

Lunchbox Planner

Use this to help you build balanced lunchboxes every day. Pick a food from each of the food groups listed below (amount is individual):

Food groups											
Starches	Whole-wheat, rye, seed or low GI bread	Whole-wheat seed roll	Whole-wheat mini pita	Whole-wheat crackers	Mealie-on-the-cob	Couscous or Quinoa or Pasta	Baby potatoes or sweet potato	Air popped popcorn	Whole-wheat wrap	Low GI Bran muffins*	Brown rice
Protein	Frittata or Egg Muffin* or Boiled egg	Tuna or salmon or trout or snoek	Baked beans, butter beans or lentils	Sliced lean beef	Mini Chicken kebab	Tofu	Low fat cottage cheese or Plain yoghurt	Mozzarella slices/sticks	Hummus* or chickpeas	Mini meatballs	Low fat flavoured milk or smoothie*
Fat	Canola Mayonnaise or Blossom Canola Margarine	Mixed nuts & seeds	Cashews or almonds	Olives or tapenade	<i>B-well Canola oil</i> (and balsamic vinegar)	Pesto Hummus*	<i>B-Well Extra Virgin Olive & Canola Oil & balsamic vinegar)</i>	Avocado	Raw Peanuts	Nut or Peanut butter, no salt/sugar added	Trail mix
Fruit	Banana	Apple	Litchis	Chopped melon, pawpaw, pineapple & mango kebab	Grapes	Fruit salad	Pear	Strawberries	Watermelon	Fresh fruit puree or berry coulis	½ cup 100% fruit juice (50:50 diluted with water)
OR Any seasonal fruit – choose as many different colours as possible											
Vegetable	Carrot sticks	Mushroom chunks	Mixed salad	Vegetable kebabs	Tender-stem broccoli	Cucumber sticks or baby tomatoes	Red, green & yellow pepper strips	Asparagus spears	Tomato, onion & cucumber	<i>Rugani 100% Vegetable juice</i>	Vegetable soup
OR Any seasonal vegetables – choose as many different colours as possible											
Drink	Preferably water (plain with e.g. cucumber, mint or fruit pieces – lemon, strawberries) or roibos <i>Red Espresso</i> tea (cold or hot) or Iced Tea*										

*Recipes below