



Kids Lunch *Blueprint*

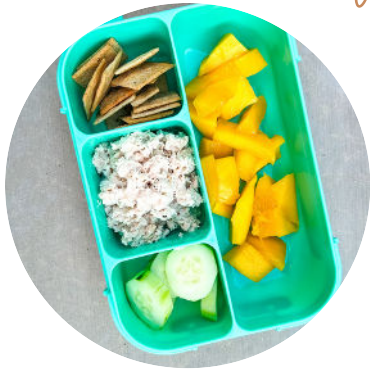
FUN AND NUTRITIOUS LUNCH
BOX CREATIONS FOR HAPPY
AND HEALTHY KIDS.

*And those
young at heart!*



KIDS LUNCH IDEAS

Healthy Gut, Healthy Brain



Mangos, canned chicken with avocado oil mayo, cucumbers, crackers.



Sprouted grain bread with almond butter, edamame, blueberries, mozzarella



Protein based pasta with tomato sauce, edamame, honeydew melon, blackberries



Hard boiled eggs, cheese, celery, apple slices, and nuts.



Rice and beans, tomatoes, chopped melon, and shredded chicken.



Mini muffins, yogurt, and berries



KIDS LUNCH IDEAS CONT.

Healthy Gut, Healthy Brain



Sliced organic turkey, strawberries, tzatziki dip, cucumbers, bell pepper.



Canned tuna with avocado oil mayo, broccoli, banana, crackers.



Cottage cheese, blueberries, cucumber, red bell pepper, and crackers.



Turkey meatballs and pasta salad with olive oil and tomatoes.



Canned tuna mixed with mayo, baby carrots, celery, apple slices, Larabar



Spouted bread with turkey and cheddar, strawberries, cucumbers, dried apples.



HOW TO BUILD A COMPLETE

Kids Lunch

Kids require a wide range of nutrients to support their developing mind and bodies, ensuring they have the best chance to learn and grow. Foods high in sugar and low in nutritional value make it difficult for kids to focus in class and keep up with their peers. Below you will find healthy options in each category. Choose 1-2 items from each category to build a complete and nutrient dense lunch for your children.

**These same ideas work for mom & dad too! To save you time, build your own lunchbox while putting together the kids!*

Protein

- Hard boiled eggs
- Canned tuna or chicken with mayo (made with avocado oil)
- Organic turkey or chicken slices
- Protein based pasta
- Greek yogurt
- Cottage cheese
- Hummus
- Jerky
- Edamame
- Cheese

Healthy Fats

- Avocado/guacamole
- Olives
- Olive oil
- Nuts
- Nut & seed butter
- Eggs (yolk)
- Full fat yogurt
- Milk
- Cottage cheese

Fruits/Veggies

- Apples
- Orange slices
- Blueberries
- Strawberries
- Blackberries
- Raspberries
- Cantaloupe
- Grapes
- Pears
- Cherry tomatoes
- Cucumber slices
- Baby carrots
- Celery sticks
- Bell peppers
- Broccoli
- Snap peas
- Baby corn
- Green peas

Complex Carb

- Quinoa
- Sweet potato
- Brown rice
- Oatmeal (baked into muffins)
- Rice cakes
- Beans & legumes
- Whole grain/sprouted bread
- Whole grain/sprouted crackers
- Whole grain/sprouted tortillas



Eat The Rainbow!

Kids Activity For a balanced intake of nutrients



For a strong heart



Helps you see better



Helps you heal faster



Stops you from getting sick



For a smart mind



For a strong body



Circle one food
from each color that
you ate today, or
draw your own.



These accessories are not necessary for packing a healthy lunch, but they can make it a lot easier (while also being a little eco-friendly). 🌱

Click the images for a link to the seller.



Bento boxes to make separating food easy!



Thermos for keeping food warm with it's own spoon so you won't forget!



Warm food container with a release valve to keep you from calling in the Hulk to open your container.

(The pressure difference created as the hot air inside the thermos cools and contracts, can create a partial vacuum making it challenging to break the seal and unscrew the lid).

