

THE ULTIMATE LUNCHBOX



Add color to your plate! It's an easy way to make sure you're getting a bit from each food group.

TIPS

- Get your kids into the kitchen!
- Become grocery shopping partners
- Read the ingredients together
- Change things up!
- Stay away from foods high in sugar
- Go towards foods high in fiber and protein, and rich in vitamins and minerals
- Toss in a "love note"
- Be creative (cut the sandwiches into fun shapes!)



THROW IT IN THE (REUSABLE) BAG!

SANDWICHES

- Choose sprouted or whole grain wraps, breads, pitas with:
- Egg, tuna or chicken salad
- Hummus, mustard, or pesto
- Lettuce, tomato, avocado, sprouts
- Cheese (from grass-fed cows)
- Free-range, organic meats or fish
- Smoked salmon and creamy goat cheese
- Organic, free-range, nitrate free hot dogs or burgers
- Almond butter and jelly (or banana!)

SALADS

- Use organic dark leafy greens as a base and add:
- Any of the above sandwich fillers
- Avocado, nuts, sliced apples, dried cherries
- Fresh herbs
- Hard-boiled egg
- Chick peas or other beans

SOUPS

WHOLE GRAINS

- Quinoa, brown rice, or whole grain pasta with:
- Olive oil and sea salt
- Stir-fried veggies and/or beans

SIDES & SNACKS

- Apples slices with almond butter (alternative: peanut butter)
- Variety of veggies and hummus (celery, carrots)
- Whole grain crackers
- Yogurt cup (make sure it's low in sugar!)
- Handful of nuts (high in protein and good fats)
- Lara bars (or any "real food" snack bar)
- Rice cakes
- Fresh whole fruit
- Trail mix (mixture of nuts, dried fruit/berries, shredded coconut)
- Cheese stick (good source of calcium)
- Olives
- Pickles
- Sea snax (crispy crunchy seaweed, yum!)
- Popcorn
- Avocado

DRINKS

- Water, sparkling mineral water
- Lemonade or iced tea (lightly sweetened or sweetened with stevia)
- Organic milk from grass-fed cows (or try coconut or almond milk)

For more information, go to:
www.dishingwithyourdaughter.com