

Lunchbox Cheat Sheet

PROTEIN

- Chicken strips
- Nuggets
- Drumsticks
- Turkey pieces
- Biltong & Dry Wors
- Homemade Meat Patties
- Sausages
- Egg - boiled / scrambled
- Homemade Meatballs
- Tuna
- Almonds
- Peanutbutter
- Protein Balls
- Hummus
- Oat bars and balls
- Date Balls
- Baked Beans
- Baked Tofu
- Smoked Salmon
- Nut butter sandwiches
- Fish fingers
- Lentil crackers
- Frittatas
- Pies
- Sausage Rolls
- Mini Quiches
- Meat-free alternative

CARBS

- Various bread eg. Rye, Low GI, Brown, Seed loaves etc.
- Assorted Muffins
- Pitas
- Wraps
- Flat bread
- English Muffins
- Pancakes and crumpets
- Cornbread
- Bagels
- Pasta salad
- Cous cous
- Rice
- Rice Cakes
- Toasted Bread Soldiers
- Waffles
- French toast
- Corn Cakes
- Oat bars
- Banana bread
- Provitas
- Mac & Cheese
- Baked potato chips
- Cheese sticks
- Granola
- Dry cereals
- Pretzels
- Popcorn
- Pumpkin bread
- Polenta chips

FRUIT

- Apple slices (dipped in nut butters topped with nuts / seeds.)
- Dried fruits and fruit rolls
- Raisins
- Seasonal sliced fruit
- Grapes
- All types of Berries
- Mango
- Avocado
- Bananas
- Fruit puree added to plain yogurt
- Fruit kebabs
- Jams
- Marmelade
- Oranges, nectarine and other citrus.
- Watermelon
- Cantaloupe
- Banana chips
- Pears
- Pineapple
- Pomegranate seeds
- Add some less popular fruit too eg. dates, kiwis, figs and more

VEGGIES

- Steamed veggies such as broccoli and green beans
- Veggie sticks such as carrot
- Cucumber
- Cherry Tomatoes
- Corn on the cob
- Celery Sticks
- Olives
- Snap peas
- Salsa
- Veggie chips / straws
- Bell Pepper strips
- Gherkins
- Veggie kebabs
- Veggie fritters
- Pickled veggies
- Baby corn
- Veggie kebabs

DAIRY

- Various cheese cubes eg Gouda, Cheddar, Mozzarella balls, Feta etc
- Grilled Halloumi Cheese
- Plain yogurt with fruit, nuts and honey
- Cottage Cheese
- Tzatziki dip
- Babybel / Laughing Cow cheese

GOOD FATS

- Various Seeds eg. pumpkin, sunflower, chai etc.
- Avocado Guacamole
- Unsalted nuts such as Almonds, Cashews, Peanuts etc
- Healthy dips, paté and spreads
- Homemade mayonaise
- Ranch dressing
- Nut butters
- Homemade energy balls

*Extras to include: Honey, date and maple syrup.
A piece of dark chocolate or two.*