

Healthy lunchbox

*Visit our website www.nippersnutrition.co.uk for recipe ideas



Choose an item of food from each one of the five sections

Vegetables For health	Fruit To fight disease	Carbohydrates For energy	Calcium For strong bones/teeth	Protein For growth
Assorted salad leaves	Fruit salad in a small pot	Bread roll	A few spoonfuls of natural yoghurt in a small pot	Chicken slices
Raw broccoli or cauliflower, cut into mini florets	Banana, cut a slit at the top for easy peeling	Crackers	Grated/sliced cheddar cheese	Bean salad*
Carrot, cut into sticks	Canned fruit in natural juice	Oatcakes	Cottage cheese	Hard boiled egg
Cucumber, peeled into ribbons	Apple, cut into wedges and wipe with lemon juice put in a sealable box	Pasta salad	Cream cheese	Fish pate* (eg sardines mixed with cream cheese and a squeeze of lemon juice)
Roasted vegetable salad	Dried fruit	Tortilla wrap	Glass of milk	Houmous
Little gem lettuce	Seedless grapes, cut into quarters	Couscous salad*	Custard in a pot	Kidney beans mashed with a little French dressing
Mangetout	Fruit juice or smoothie (mixed with 50% water)	Wholemeal pitta bread	Edam cheese, cubed	Butter bean spread*
Red and yellow pepper sticks	Kiwi fruit, top removed, serve with a spoon	Zebra sandwich (1 slice brown bread/1 slice white)	Soft cheese spread	Quiche slice*
Sweetcorn, from a can drained	Melon wedges or cubes	Bread sticks	Lancaster cheese, with a chutney dip	Prawns defrosted and dried on kitchen paper and put in a pot
Cherry tomatoes, cut into quarters	Nectarine, plum, pear	Potato salad	Nibbles of different types of cheese	Roast meat leftovers with some chutney
Watercress	Easy peel clementine	Bagel	Rice pudding pot	Salmon or tuna
Tomato salsa*	Berries in a little pot	French toast	A few spoonfuls of plain fromage frais in a small pot	Sliced ham
Avocado dip	Fruit jelly	Rye bread	Apricot fool*	Smooth peanut butter

