


Healthy lunch box planner

A healthy lunch box includes: **Breads & cereals** + **Meat & alternatives** + **Reduced fat dairy** + **Vegetables & salads** + **Fruit** + **Water**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
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Breads & cereals

- Multigrain, wholemeal or high fibre white options
- Pita pocket, Lavash or Lebanese bread
- Cooked pasta spirals or shells
- Boiled rice or noodles
- Polenta or potato cakes
- Crispbread, Cruskits or Corn Thins
- Couscous



Meat & alternatives & dairy

- Skinless chicken or turkey
- Lean beef, lamb or ham
- Tinned tuna or salmon
- Baked beans, bean mix or lentil burger
- Hummus or peanut butter spread
- Boiled egg
- Reduced fat milk, cheese or soy milk
- Reduced fat yoghurt, custard or dairy dessert



Vegetables & salads

- Tomato and cucumber slices
- Celery and carrot sticks
- Baked vegies e.g. sweet potato, pumpkin, eggplant or zucchini
- Potato salad
- Coleslaw
- Mashed avocado
- Corn on the cob



Fruit

- A piece or chopped fresh fruit e.g. apple, banana, orange or mandarin
- Fruit salad cup
- Strawberries
- Bunch of grapes
- Packet of sultanas
- Tinned fruit in natural juice
- Dried apricot or apple pieces



How much is a serve?

1 serve of fruit = 150 grams or 1 medium piece or 2 small pieces or 1 cup of chopped fruit.

1 serve of vegetables = 75 grams or 1/2 cup of cooked veg or legumes or 1/2 medium potato or 1 cup of salad.