

LUNCH TIPS

Coollest Lunch Box
on the Planet:

PLANETBOX®

Eco-friendly,
durable stainless steel
lunchboxes.

Safe (no BPA, phtalathes or lead).

Warrantied for 5 years.

Perfect portion compartments for fun
and visually appealing lunch-packing.

Choose your magnet set for customizable and interchangeable look.

Yay! No more worn-out lunchboxes! No more juggling multiple BPA-free containers! These are super fun to use. We have three Rover boxes (the largest one). Each of my kids have a different set of magnets to make it their own. They get tons of compliments at school about their "cool lunch box."

Yes, they are a little bit spendy. But they last a long time. I have less containers and baggies to deal with. I recommend buying the carrying case too. I didn't at first and wish I had. I had to pay shipping again. Just go for it!



How To Build A Lunch?

1

PICK YOUR PROTEIN:

Protein is the building-block of our bodies. It is the foundation of our brain's neurotransmitters which help determine your child's behavior and focus. Most lunchboxes contain way too many carbohydrates and not enough protein. This can lead to blood sugar dysregulation and, ultimately, poor focus and mood changes. So the key, just as it is with breakfast, is to put together a meal balanced with protein, fats and carbohydrates.

PROTEIN IDEAS:

Lunch Meat, Hot Dog, Hamburger Patty, Hard-boiled Egg, Nut Butter, Jerky

2

PICK YOUR VEGGIES AND/OR FRUIT:

Have several of your kids' favorite fruits and veggies cut up and ready to go for the week.

3

FILL IN WITH YOUR TREAT FOODS:

Better choice chips/crackers and/or a small sweet treat.

GREAT IDEA:
COOK EXTRA!
LEFTOVERS MAKE GREAT LUNCHES!

These lunches are for your inspiration. No need to duplicate exactly. Pick and choose ingredients that work for your family to put together your own. And remember! Kids don't mind repetitive meals. You can repeat the same week's worth of meals from week to week.

#1



HOTDOG DAY

Served with ketchup, sliced peppers, nut and dried fruit mix, strawberries, and homemade chocolate zucchini muffin.

#2



TURKEY ROLL-UP DAY

Served with Boulder Canyon Potato Chips, carrots, cheese square, and a mini Lara Bar.

#3



LEFTOVERS DAY: MEATBALLS

Served with ketchup, Boulder Canyon Potato Chips, cherry tomatoes, blueberries, and Enjoy Life Chocolate Chips.

#4



HARD BOILED EGG DAY

Served with Justin's Nut Butter Packet, carrot and celery sticks, and a plum.

#5



JERKY (EPIC BAR OR EPIC BITES) DAY

Served with hummus and celery sticks, Milton's gluten-free crackers, and strawberries.

PS: I let my kids have 1 sandwich a week in their lunchboxes. Not shown here because, hey, sandwiches aren't that original. We use gluten-free bread. Choose the best bread for your family. See my post on [Baby Steps to Better Bread](#). Because sandwiches add a lot of refined carbohydrates to the meal we often pair them with veggies and fruit and skip dessert. The bread is the dessert!