

Healthy Lunch Box Ideas

Monday



Tuna and
sweetcorn
sandwich



Sugar free live
yogurt drink

Handful
of nuts



Small
bunch of
grapes

Tuesday



Handful of
vegetables with
hummus

Matchbox size
cheese block



1 apple or banana



Chicken
and salad
sandwich

Wednesday

Small falafel wrap



Small pot of
plain yogurt



10-12 mango
and melon
cubes

Thursday

Half homemade burger



Matchbox size
portion of
cheddar cheese
cubes



4 strawberries
Cherry tomatoes
with olives



Small pot of yogurt



Friday

3 vine leaves rolls

Spoon of hummus

Handful of olives

Carrot sticks/horse radish



Chicken and veg wrap or paneer wrap



Saturday



1 handful (80g) of veg sticks

Sugar free live yogurt drink



1/2 cup of strawberries or blueberries



3 tablespoons cooked pasta

Sugar free live yogurt drink



Sunday



Handful of sugar snaps

1 apple in slices

Cherry tomatoes

Vegetarian

Brown bread sandwiches with egg and cress

Carrot sticks

Fruit salad



Vegan

Brown bread sandwiches with vegan cheese or hummus and cucumber

Broccoli

Strawberries

Handful of nuts

