

LUNCH BOX EBOOK

Tips and recipe ideas for packing the
tastiest and healthiest Lunch boxes.



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Your Lunch Box

Packed lunches are often over looked. However lunch is one of the most important meals to ensure your energy and focus remain constant throughout the day.

Packed lunches can seem like such a huge task. This ebook is here to help you plan and make your life easier.

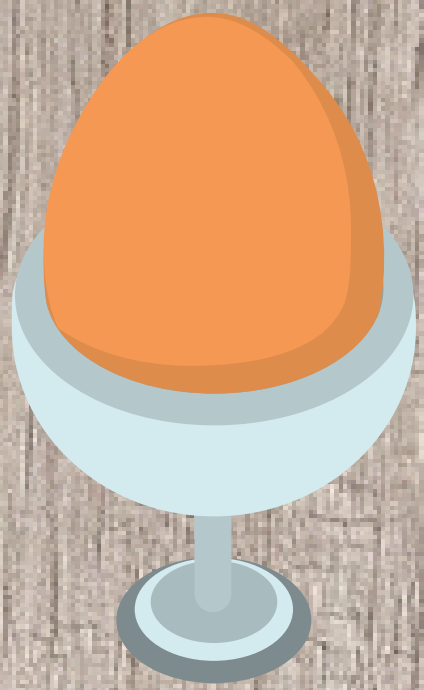


Tips:

- **plan ahead**
- **use reusable containers**
- **use leftovers**
- **cook in bulk**



Building a Balanced Lunch Box



Protein



Complex Carbohydrates

Fruit and Vegetables



Fats

Water



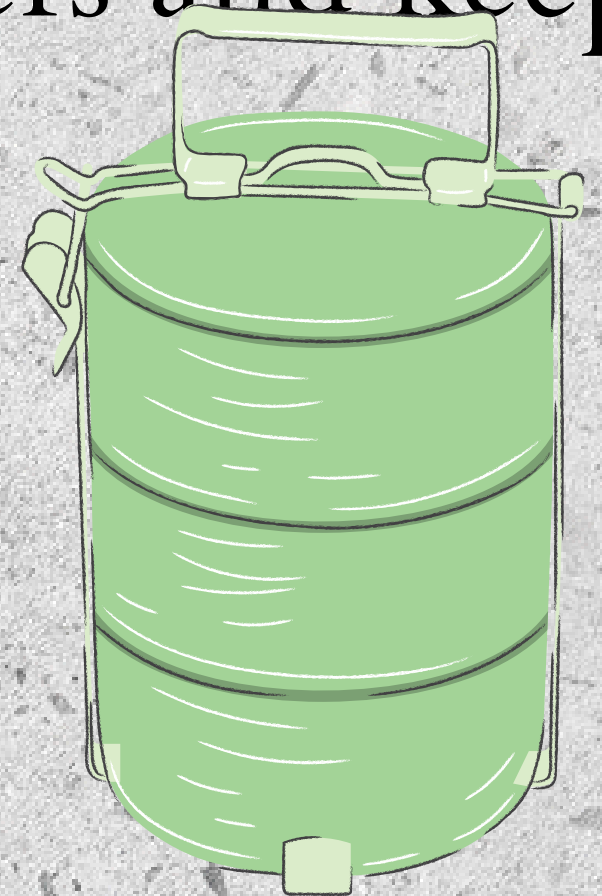
When building a balanced lunch box, you need to have at least one item from each food group.

Food groups can be combined into a meal. Eg. Tuna Pasta salad has Protein – tuna, Complex carbohydrates – wholemeal pasta, Vegetables– carrots, capsicum and fresh rocket, and Fats– avocado and dressing.

In the following pages, we will give you ideas on each food group as well as lunch box examples and recipes

A great lunch box to use is one with different compartments that can represent each food group. Thermos containers are great if you want to take leftovers and keep them warm.

In the summer it is a good idea to use a freezer block .



Protein

Protein provide us with the building blocks for our tissues, organs, nerves, muscles.

There are animal and plant based proteins both of which can be included into the lunch box. Adding protein can help balance blood sugar.

Sourcing is important and wild caught, grass fed, organic and pasture fed is always preferred.



IDEAS

- Chicken drumsticks
- Crumbed fish pieces
- sausages
- boiled egg
- legumes, pulses,
- seeds and nuts

Complex Carbohydrates

Complex carbohydrates are both starchy and non starchy food sources.

Carbohydrates are a great energy source but can increase blood sugar. Fibre rich complex carbohydrates are a preferred source. Simple carbohydrates break down into sugars too quickly and raise the blood sugar.

IDEAS

- Sourdough bread
- Brown rice
- Wholemeal or brown rice pasta
- rice noodles
- wholegrain wraps

Fruit and Vegetables

Fruit and vegetables help us with our daily vitamin intake as well as providing us with much needed fibre.

These can be added into the meal or as a side/snack.

Add in at least one fruit and one vegetable.

Try keep fruit choices to lower glycemic fruits such as berries.

IDEAS

- Carrot Sticks and apple
- Celery and nectarine
- Cucumber and plums
- Snap peas and berries
- Capsicum and Watermelon

Fats

Fats are crucial for many body functions and are essential to any meal for satiety and digestion.

Essential fats are the omega fats that are needed daily.

Sourcing is very important and so is storage.

IDEAS

- Avocado
- Extra virgin Olive oil
- Good quality dressing
- Nuts and seeds
- Good quality mayonnaise

Water

Water is life. Our bodies rely on water for all our bodily functions.

How much is enough?

The correct calculation is your weight in Kgs divided by 30 which is about 2 litres for an average adult.

Sourcing here is very important and a good quality water filter is a great investment.

Avoid bottled water in plastic and if you using a water bottle get one that is glass or metal.

A great idea is to keep a big water bottle on your desk and keep track of the amount you drink.

Sip throughout the day rather than gulping down when thirsty.



LUNCH BOX EXAMPLES

Planning is essential so you have all the ingredients to make a well-balanced lunch.

A great tip is to write out a weekly menu so you can do a shop before.

Cooking in batches or cooking a meal for the next day while preparing dinner is a great time saver.



IDEAS



- Tuna Pasta salad and apple
- Chicken salad wrap and berries
- Chicken bento box and plums
- Chicken lettuce wraps and carrots
- Egg muffins and salad

SNACK IDEAS

- Hummus/Guacamole and carrot sticks
- Popcorn
- Nuts and seeds
- Nut and seed Biscotti

Recipes

Tuna Pasta Salad

Serves 2

Ingredients

- 100g wholemeal or brown rice pasta
- 1 can of tuna in spring water
- a handful of salad greens, like arugula, watercress, or baby spinach
- 1/2 small carrot, grated
- half a punnet of cherry tomatoes, halved
- 2 celery stalks
- 1 lemon juiced
- 2 tsp mustard, wholegrain
- 1 Tbsp olive oil

Method

- Cook pasta, drain and set aside
- Combine tuna, greens, carrots, tomatoes, celery in a large bowl.
- Mix lemon juice, mustard and olive oil together and combine with tuna mixture.
- Combine with cooled pasta and serve.

Chicken Salad Wrap

Serves 1

Ingredients

- 100g wholemeal or gluten free wrap
- 1 cooked chicken breast
- a handful of salad greens, like arugula, watercress, or baby spinach
- 1/2 small carrot, grated
- grated cucumber
- 1 Tbsp of good quality mayonnaise

Method

- Shred chicken and combine with mayonnaise and salad ingredients
- Wrap ingredients in the wrap
- Enjoy

Recipes

Chicken Bento Box

Serves 1

Ingredients

- 1/2 nest (2-2 1/2 oz.) dry rice vermicelli (cooked)
- handful of chicken
- a handful of salad greens, like arugula, watercress, or baby spinach
- 1/2 small carrot, grated
- a small piece of red cabbage, cut into thin slices
- 1 tbsp. miso paste
- 1 tbsp. toasted sesame oil
- 1 tbsp. Tamari
- 3/4-inch piece fresh ginger, washed but not peeled, finely grated straight into your bento
- fresh chili, sliced, or chili flakes, to taste
- 1 tbsp of hot water
- fresh cilantro, to taste, optional
- a slice of lime, to serve, optional

Method

- Arrange noodles, vegetables and chicken in a bowl
- mix sauce ingredients together and place into a separate container
- when you are ready to eat pour sauce over, mix and enjoy.

Guacamole

Ingredients

- 1 Avocado, ripe
- 1 Teaspoon Lime Juice • 5 Cherry Tomatoes, diced • 1/2 Teaspoon Garlic, minced

Method

- Cut the avocado in half and discard the pit. Remove flesh from the skin and place in a bowl
- Add juice from the lime and mash with a fork.
- Add diced tomato and garlic and mix well.
- Enjoy!

Recipes

Ginger Chicken Lettuce Wrap Recipe With Apple Cider Vinegar, Honey and Garlic

Ingredients

- 6-8 Lettuce Leafs *read the recipe notes below • 2 Cup Cooked Chicken Chopped • 1 Carrot Diced • 1 Celery Stalk Diced
- 1/2 of a Red Pepper Diced • 1/2 of a Zucchini Diced • 10 Small, White or Brown Mushrooms Diced
- 1/2 of a White or Red Onion Diced

Sauce

- 1/4 Cup Water Cold
- 2 Tsp Arrow Root Powder or Cornstarch
- 3 Tbsp Soy Sauce
- 3 Tbsp Homemade Ketchup Recipe under
- 1.5 Tbsp Fresh Garlic Minced (about 2-3 cloves)
- 1.5 Tbsp Fresh Ginger Minced
- 1 Tsp Honey
- 1 Tsp Unfiltered Apple Cider Vinegar
- 1 Tsp Sesame Oil
- 1-2 Tsp Hot Chili Sauce Optional
- 1 Tbsp Hoisin Sauce Optional: I don't buy this anymore because of the questionable ingredients, but you have some around that you'd like to use up, then throw in a tablespoon for an authentic, asian taste.



Method

1. In a small bowl or measuring cup whisk together water and arrow root powder(or corn starch if using.) Next, add soy sauce, homemade ketchup (or tomato paste), honey, apple cider vinegar, sesame oil and hot chili sauce (if using) and whisk to combine. Set aside.
2. Heat the coconut oil in a big pan or wok. Add the ginger, garlic and onion and sautee for a couple of minutes.
3. Next add the carrots, red peppers and zucchini and sautee for about 5min.
4. Add the mushrooms and chicken. Cook until mushrooms are soft.
5. Add the sauce, and simmer for about 10 minutes or until the veggies are soft and the flavours have cooked together. Stir frequently.
6. Serve hot on a lettuce leaf, sprinkle with fresh green onion, roll it up like a burrito and enjoy !

Holy Hummoli Dip!

Ingredients

- 1 cup of organic chickpeas
- 1 organic lemon, juiced
- 2 tsp of organic extra virgin olive oil
- 1/2 of an organic avocado
- Fresh organic cilantro(add to your desired taste)
- Sea salt and pepper to taste
- OPTIONAL: add half of an organic jalapeno if you like it spicy!



Method

1. There are 2 different ways you can prepare this dip:
Smooth & Creamy
2. Add all ingredients in a blender and mix for 45 seconds or until everything is blended together.
Chunky
3. Put all the ingredients in a mixing bowl (except cilantro) and mash it together using a fork until desired consistency.
4. Add cilantro and gently stir it in.
5. Serve with fresh veggies such as carrot sticks or celery and ENJOY this delicious and nutritious snack!

Recipes

Breakfast Egg Cups Recipe

Total Time: 1 hour 10 minutes **Serves:** 2

Ingredients

- 6 large – egg
- 1/4 cup – milk
- 1/8 teaspoon – salt
- 1/8 teaspoon – black pepper, ground
- 1 medium – bell pepper, red
- 3/4 cup – spinach
- 1/4 cup – cheddar cheese, shredded



Method

- 1.Spray a muffin tin with cooking spray and preheat oven to 180 degrees.
- 2.Whisk the eggs and milk together in a bowl. Season with salt and pepper.
- 3.Dice the bell pepper into small pieces. Stack the spinach leaves, roll them up, and slice them thin. (This method is called chiffonade.) Add the peppers, spinach, and shredded cheddar to the egg mixture.
- 4.Fill muffin cups 3/4 full and bake for 20 to 25 minutes until centers are set and no longer runny.
- 5.Allow to cool slightly before serving.

See more recipes on my [website](#)

Recipes

Plan your week ahead with a shopping list.
Take a photo of your week plan so you have it
on hand when at the shop. Feel free to print
this page or buy a pad at Kmart or target.

Weekly Meal Planner

					Grocery List
	Breakfast	Lunch	Dinner	Snack	
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					