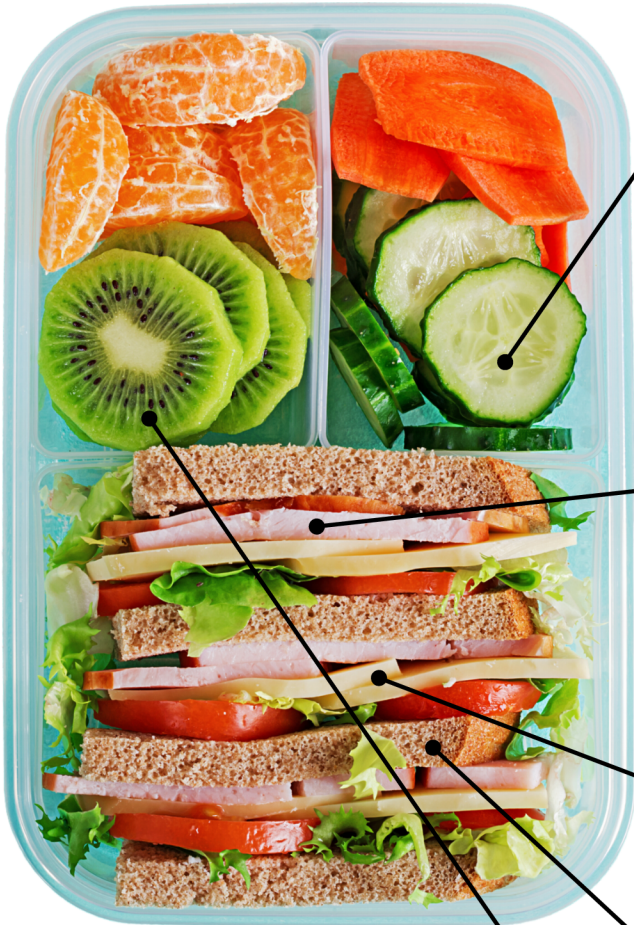


HOW TO BUILD A *Lunchbox*



1 VEGGIES

- carrots
- cucumbers
- radishes
- pickles
- snap peas
- sweet potato
- grape tomatoes
- lettuce (a fun wrap)
- avocado/guacamole
- peppers
- broccoli
- cauliflower
- jicama

*try cutting
veggies in
unusual ways
for fun variety*

2 PROTIEN

- deli meat
- sausage slices
- chicken chunks
- burger
- hummus
- chicken/tuna salad
- hard-boiled eggs
- cheese
- yogurt
- nuts/nut butter

3 HEALTHY FAT

- olives
- avocado/guac
- nuts/nut butter
- grass-fed butter

4 WHOLE FOOD CARBS

- veggie/corn chips
- granola
- oatmeal
- whole grain bread
- crackers/pretzels
- tortilla/flatbread

5 SWEET TREAT

- fresh fruit
- dried fruit
- applesauce
- dry cereal
- trail mix
- date/granola bar
- honey & nut butter
- chocolate milk
- juice
- cookie

*a sweet treat can be enjoyed, as
long as the rest of your lunch is full
of colorful and nutritious foods*

COMBO IDEAS

- **PIZZA:** sprouted bagel/tortilla + raw cheese + pepperoni + tomato sauce
- **SUSHI:** veggies + meat + cheese OR nut butter + banana wrapped in tortilla, sliced
- **DIPPERS:** savory hummus + guacamole + veggies OR chocolate hummus + fruit + pretzels
- **PARFAIT:** yogurt/applesauce + berries + granola
- **BACON & EGGS:** hard-boiled eggs + bacon/sausage slices + veggies