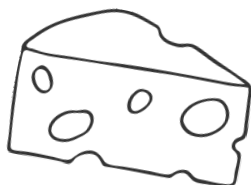


Lunchbox PACKING LIST

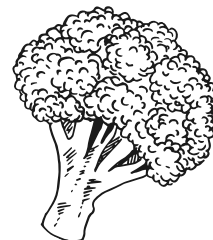
Protein (choose 2)

- leftover, cut-up, ground, or sliced meat, chicken, turkey, fish
- hardboiled egg
- beans, lentils
- seeds or seed butter
- milk
- yogurt
- homemade protein bite
- cheese or cottage cheese
- tofu or tempeh
- dried chickpeas or peas



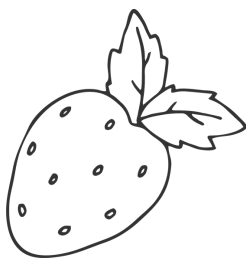
Fresh or frozen veggies (choose at least 1)

- carrot sticks
- cucumber
- snap peas
- radishes
- peppers
- celery
- leftover cooked veggies
- salad greens
- tomatoes
- veggie soup
- veggie sauce (like tomato sauce)



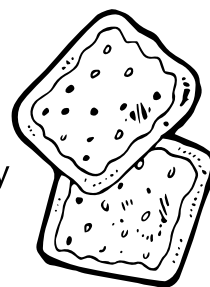
Fresh or frozen fruit (choose at least 1)

- berries
- apple
- orange
- banana
- plum
- pear
- peach
- grapes
- melon
- fruit/veggie pouch or sauce (if you choose this, add another fruit too)



Whole grain/starch (choose at least 1)

- high fibre granola bar
- whole grain bread, pita or tortilla
- whole grain pasta
- whole grain crackers
- energy ball made with grains like oats
- homemade muffin
- naan bread
- rice, quinoa or barley



Treat (choose one)

- homemade cookie
- a few gummies
- small portion of chocolate
- small brownie
- something else that you love!



THE CENTRE FOR



**Family
Nutrition**