

lunchbox lifesaver planner

simply mix + match at least 1 item from each column to build a balanced lunchbox little ones will love + discover ⇒ **ENDLESS TASTY POSSIBILITIES!** ⇐

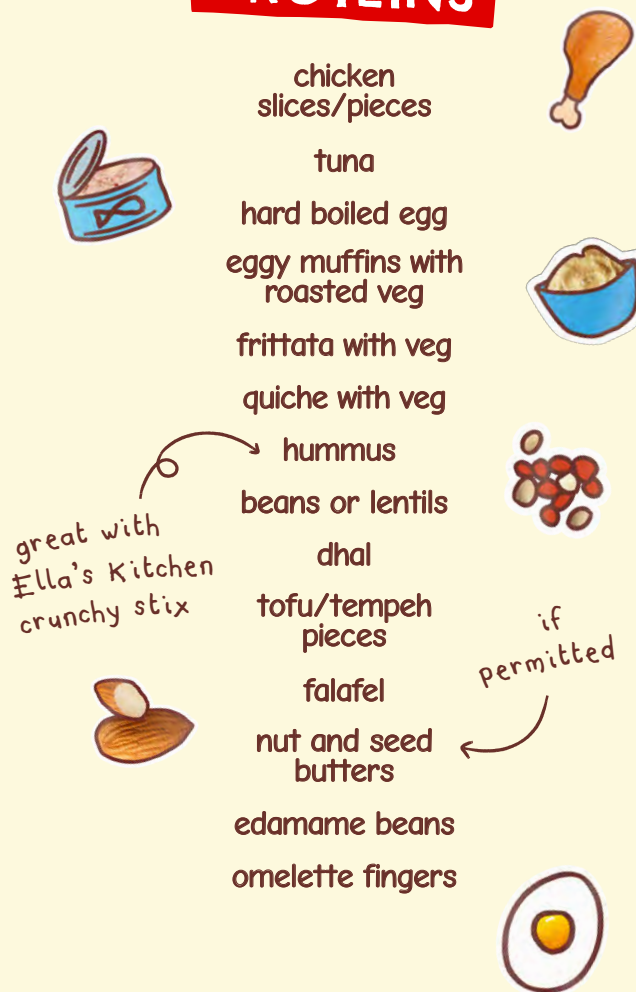


created by our nutritionist Claire!

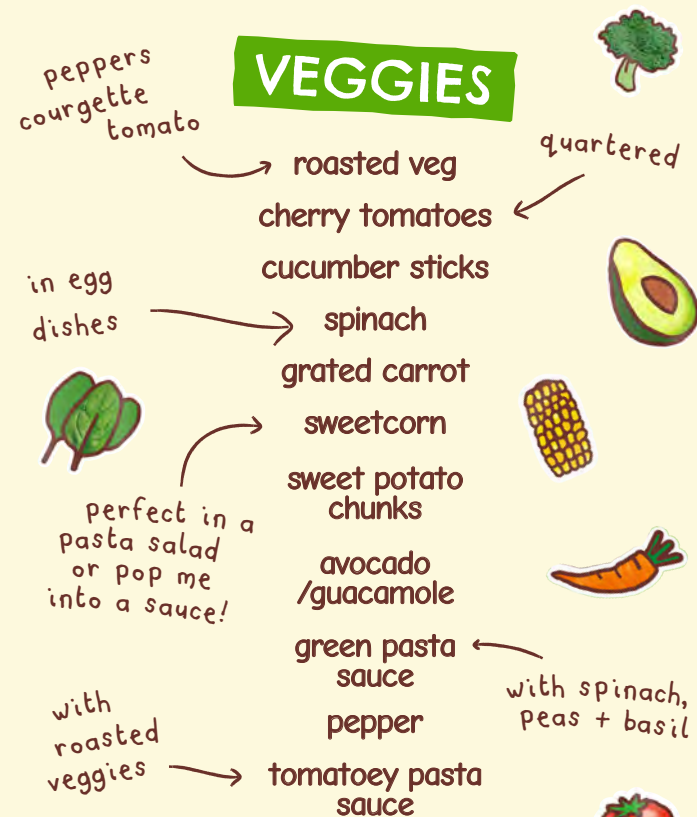
CARBS



PROTEINS



VEGGIES



experiment with sauces:

- green =
pea, spinach + broccoli
- orange =
carrot, butternut + sweet potato
- white =
cauliflower, potato + leek with milk + cheese

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FRUITS

halved



blueberries
raspberries
strawberries
grated apple
pear slices



plum fingers
canned peach slices/fresh peach
melon fingers
fruit smoothie

mixed with milk

with a squeeze of lemon juice = can be mixed with yoghurt



banana
apricots
grapes



Ella's Kitchen Smoothie Fruits pouch



DAIRY

milk



natural yoghurt
greek yoghurt
non-dairy, unsweetened, fortified milk alternative



non-dairy, unsweetened yoghurt

grated or sliced cheese



Ella's Kitchen yoghurt pouch



Ella's Kitchen dairy-free yoghurt pouch

cream cheese



great with Ella's Kitchen crackers



BATCH COOKING IDEAS



[cheesy muffins](#)



[pancake fingers](#)

[pizza pinwheels](#)

[pitta pizzas](#)



[dhal](#)

[pasta sauce](#)

[omelette fingers](#)



[pesto](#)

click each meal for the recipe!