

Lunchbox Builder



CHOOSE MOST ½ Lunchbox

VEG & FRUIT

Have these in sandwiches, salads, sushi, roasted or on their own as a crunchy snack.



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Capsicums



Spinach



Avocado



Cucumber



Tomato



Grated carrot



Pumpkin



Broccoli



Asparagus



Kale chips



Red onion



Potato



Carrot sticks



Snow peas



Kidney beans



Mushrooms



Sweetcorn



Mint peas

CHOOSE SOME ¼ Lunchbox

GRAINS & ENERGY FOODS

Choose wholegrain high fibre types.



Multigrain bread



Rye Bread



Wholemeal wrap



Wholemeal muffins



Seed roll



Cooked pasta



Cooked brown rice



Cooked Couscous



Cooked Quinoa



Cooked barley

CHOOSE SOME ¼ Lunchbox

PROTEIN FOODS

Choose lean sustainable meats, sea caught fish, beans & legumes.



Cooked Steak



Cooked chicken



Tinned fish



Cooked tofu



2 eggs

CALCIUM ITEMS

Choose low sugar and fat options.



Plain Milk Carton



Cheese slices



Yogurt pot



Homemade smoothie



Soya milk carton

CHOOSE LEAST 1-2 tsps.

SPREAD & DIPS

Choose low fat, low sodium types. Limit to 1-2 tsp per meal.



Pesto



Hummus



Low-fat mayo



Salsa



Olive margarine



Salt reduced vegemite