

Ultimate Low Carb Lunch Box Planner

Proteins

- * tin tuna
- * boiled eggs
- * ham and cheese roll ups
- * chicken drumsticks
- * sausages
- * tuna mayo
- * meatballs
- * cold meats
- * last nights dinner
- * bacon
- * salmon sushi (no rice)
- * tuna sushi (no rice)
- * crustless mini quiche
- * zucchini slice
- * yogurt
- * egg wraps

Veggies

- * last nights veggies
- * broccoli
- * cherry tomatoes
- * cucumber
slices/sticks/cubes
- * carrot sticks/grated
- * green beans sliced
- * capsicum slices/rings
- * celery sticks + nut butter
- * salsa
- * seaweed snacks
- * salads

Fats

- * cheese - cubes/sticks/grated
- * cream cheese
- * nuts/seeds
- * avocado
- * coconut meat/chips/cream
- * mayonnaise
- * olives
- * cream

Fruits

- * berries
- * frozen berries
- * small mandarin
- * a few apple slices

DRINK WATER

Ultimate Low Carb Lunch Box Planner

Get Your Kids Involved

- * Ask your children to highlight what they like on the list
- * Try something new each day. It may take a few attempts until they accept it
- * Highlight each new food as they like them
- * Let them add to the list, making up their own recipes
- * Get a lunch box with compartments, to make a buffet
- * Or use little containers

Veggies

- * Cut veggies into different ways - sliced/cubed/grated/rings
- * Try different veggies each day
- * Give them a dip to go with their veggies - cream cheese/salsa/mayo
- * Hide grated veggies in meatballs/meattoaf/quiche.

Fats

- * Add lots of good fat to their diet
- * Good fat keeps them fuller for longer
- * Good fat stops them from snacking

Fruits

- * Limit fruit. They are high in sugar, and all their vitamins can be found in your veggies
- * Don't give them tropical sweet fruit - pineapple/melon etc
- * Pack frozen berries in liquid proof containers. By lunch the berries will be defrosted and made a special juice kids love to slurp out

DRINK WATER