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
* capsicums 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**
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/meatloaf/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

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