

# HEALTHY LUNCHBOX IDEAS

## 1. FRUIT

Pineapple  
Peach Orange pomegranate  
Pear  
Cherries Clementine Mango  
Berries Kiwi Banana Grapes  
Dried Apricots Nectarine Apple  
Homemade Smoothie

## 2. VEG

SugarSnap peas  
Cherry tomatoes Peppers Radish  
Baby Beetroot Broccoli  
Celery Baby Corn VEG SOUP  
Bean Salad Cucumber Homemade COLESLAW  
Carrot

## 3. EXTRA

Pea and Mint Spread  
Pesto Dip  
Mackerel pâté  
Natural yoghurt  
HUMMUS Cheese cubes With berries  
Mango Dip Avocado & butterbean Spread  
Hard boiled egg Mixed Seeds  
Muesli Bar Banana oat cookies Olives

## MAIN – WHOLEGRAIN WRAP / PITTA / ROLL / CRACKERS / PASTA / NOODLES

Pumpkin Seed Butter & banana

Chicken, tomato & pesto

Tinned Salmon & peppers with Healthy Mayo

Egg, Cress & Healthy Mayo

HUMMUS and grated carrot

Cheddar & tomato / cucumber

Mashed avocado, Lime, Healthy Mayo

Slice of quiche / Frittata

Smoked Salmon & cream cheese

Tuna, Sweetcorn & Healthy Mayo

Falafel, HUMMUS, cucumber, tomato

# TOP TIPS!

1. Always give water to drink
2. Include a protein food and portion of vegetables every day
3. Make sure you give wholegrains

## Homemade Smoothie

½ banana, handful berries

1 tbsp natural probiotic yoghurt

½ tbsp ground linseeds

½ avocado

- BLITZ in a food processor!

Thin with water if necessary, add

celery/ cucumber/ spinach for greens!

## Pesto Dip

MIX together 2 tbsp natural probiotic yoghurt & 1 tbsp nut-free green or red pesto

## Mackerel Pâté

1 pack smoked mackerel fillets, skinned

Juice ½ lemon

3 tbsp natural yoghurt or cream cheese

- MASH all ingredients with a fork!

## Healthy Mayo

Mix ½ mayo and

½ probiotic

natural yoghurt

## Pea and Mint Spread

3 cups frozen peas

1 clove fresh garlic, crushed

5 tbsp extra virgin olive oil

½ - 1 cup fresh mint leaves,

roughly chopped

Pinch sea salt

- BLITZ in a food processor!

## Mango Dip

2 tbsp probiotic natural yoghurt

1 tbsp mild mango chutney

- STIR all ingredients together

## Muesli bar

1 cup rolled oats

1 cup mix seeds e.g. pumpkin,

sunflower

1 tsp cinnamon

½ tsp organic vanilla essence

2 tbsp coconut oil (or butter)

2 large medjool dates, pitted

1 banana

Mix together oats, seeds and cinnamon

Blitz together the banana, vanilla,

dates, coconut oil (softened) and 2

tbsp water to make a purée and mix

into the dry ingredients. Press into a

greased baking tin & Bake at 170°C for

20mins.

# Glenville

NUTRITION

COURSES CLINICS CENTRES

## Avocado & Butterbean Spread

1 tin butterbeans

1 ripe avocado

2 limes, juiced

Handful fresh coriander

- BLITZ in a food processor!

## Banana Oat Cookies

80g porridge oats

20g ground linseeds

2 bananas, mashed

- MIX ingredients together and place teaspoons baking sheet lined with baking paper. Flatten slightly. Bake at 180°C for 10 - 12 minutes until lightly browned