

# Healthy Lunch Box Ideas

## Monday



**Tuna and  
sweetcorn  
sandwich**



**Sugar free live  
yogurt drink**

**Handful  
of nuts**



**Small  
bunch of  
grapes**

## Tuesday



**Handful of  
vegetables  
with hummus**

**Matchbox size  
cheese block**



**1 apple or banana**



**Chicken  
and salad  
sandwich**

## Wednesday



**Small pot of  
plain yogurt**

**Small falafel wrap**



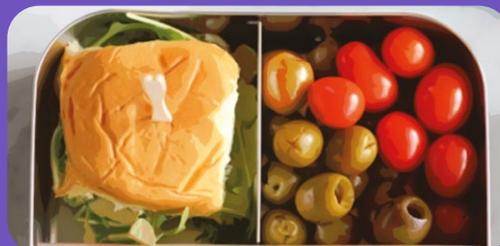
**10-12 mango  
and melon  
cubes**

## Thursday



**Matchbox size  
portion of  
cheddar cheese  
cubes**

**Half homemade burger**



**4 strawberries  
Cherry tomatoes  
with olives**

**Small pot of yogurt**



## Friday

**3 vine leaves rolls**

**Spoon of hummus**

**Handful of olives**

**Carrot sticks/horse radish**



## Saturday

**Chicken and veg wrap or paneer wrap**



**1 handful (80g) of veg sticks**

**Sugar free live yogurt drink**



**1/2 cup of strawberries or blueberries**



**3 tablespoons cooked pasta**

**Sugar free live yogurt drink**



## Sunday



**Handful of sugar snaps**

**1 apple in slices**

**Cherry tomatoes**

## Vegetarian

**Brown bread sandwiches with egg and cress**

**Carrot sticks**

**Fruit salad**



## Vegan

**Brown bread sandwiches with hummus and cucumber**

**Broccoli**

**Strawberries**

**Handful of nuts**

