



# HOW TO BUILD A LUNCHBOX



## COMBO IDEAS

- PIZZA: crackers/tortilla + cheese + olives + pepperoni + tomato sauce
- SUSHI: veggies + meat + cheese OR nut butter + banana wrapped in tortilla, sliced
- DIPPERS: savory hummus + guacamole + veggies OR chocolate hummus + fruit + pretzels
- PARFAIT: yogurt/applesauce + berries + granola
- BACON & EGGS: hard-boiled eggs + bacon/sausage slices + veggies

## 1 VEGGIES

- carrots
- cucumbers
- radishes
- pickles
- snap peas
- sweet potato
- grape tomatoes
- lettuce (a fun wrap)
- avocado/guacamole
- peppers
- broccoli
- cauliflower
- jicama

*try cutting  
veggies in  
unusual ways  
for fun  
variety*

## 2 PROTIEN

- deli meat
- sausage slices
- chicken chunks
- burger
- hummus
- chicken/tuna salad
- hard-boiled eggs
- cheese
- yogurt
- nuts/nut butter

## 3 HEALTHY FAT

- olives
- avocado/guac
- nuts/nut butter
- grass-fed butter

## 4 WHOLE FOOD CARBS

- veggie/corn chips
- granola
- oatmeal
- whole grain bread
- crackers/pretzels
- tortilla/flatbread

## 5 SWEET TREAT

- fresh fruit
- dried fruit
- applesauce
- dry cereal
- trail mix
- date/granola bar
- honey & nut butter
- chocolate milk
- juice
- cookie

*a sweet treat can be enjoyed,  
as long as the rest of your lunch  
is full of colorful and nutritious  
foods*