

BACK 2 SCHOOL

with Simplify My Life



Lunch Box Bliss: Delicious and Nutritious Ideas

Make lunchtime exciting and enjoyable with these creative and nutritious ideas for lunch box bliss:

Bento Box Magic:

Pack a variety of colorful and bite-sized foods in a bento box. Include fruits, veggies, cheese, whole-grain crackers, and lean protein like chicken or tofu.

Wraps and Roll-Ups:

Create tasty wraps using whole-grain tortillas or lettuce leaves. Fill them with your child's favorite ingredients, such as sliced turkey, hummus, shredded veggies, and avocado.

DIY Lunchables:

Create your own healthier version of Lunchables with whole-grain crackers, lean deli meats, cheese cubes, veggies, and fruit.

Fruit Kebabs:

Thread a mix of colorful fruits on small skewers for a fun and nutritious fruit kebab.

Veggie Dippers:

Pack sliced veggies like carrots, cucumber, and bell peppers with a side of hummus or yogurt-based dip for dipping fun.

Pasta Salads:

Prepare pasta salads with pasta, veggies, and a light dressing. Add cooked chicken or beans for added protein.

Mini Quiches or Frittatas:

Make mini quiches or frittatas using egg, veggies, and cheese. Bake them in muffin tins for a fun and portable lunch option.

Sushi-Inspired Wraps:

Roll up sushi-inspired wraps using nori sheets, sushi rice, avocado, cucumber, and your child's favorite protein like cooked shrimp or imitation crab.

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DIY Pizza Kits:

Assemble individual pizza kits with English muffins, tortillas, hamburger buns, or pita bread. include pizza sauce, cheese, and toppings of choice. Your child can customize their own mini pizzas.

Protein-Packed Salads:

Create salads with a mix of greens, grilled chicken, chickpeas, cherry tomatoes, and a light vinaigrette dressing.

Nut Butter and Fruit Sandwiches:

Spread nut butter on whole-grain bread and add sliced fruits like bananas or strawberries for a delicious and energy-boosting sandwich.

Trail Mix:

Make a homemade trail mix with a mix of nuts, seeds, whole-grain cereal, and dried fruits for a satisfying and nutritious snack.

Yummy Leftovers:

Repurpose leftover dinner dishes like pasta, stir-fries, or grilled chicken into tasty lunch options.

Fruit and Yogurt Parfaits:

Layer yogurt with granola and fresh fruits in a small container for a tasty treat.

Frozen Treats:

Freeze yogurt tubes or fruit puree pouches for a refreshing and healthy frozen snack.

Remember to include a reusable water bottle with fresh water to keep your child hydrated throughout the day. Pack lunches the night before to save time in the morning, ensuring lunch box bliss every day!