

LUNCH BOX

CHEAT SHEET

in these
STILETTOS

From high heels to high chairs

DAIRY

- Yoghurt Pot
- Mozzarella String Cheese
- Cream Cheese Cubes
- Milk Box
- Tzaziki Dip

CARBS

- Mini Pizza
- Pita Bread
- Crackers
- Popcorn
- Pasta
- Wraps

FRUIT

- Watermelon
- Grapes
- Berries - Raspberry, Strawberry, Blueberry
- Citrus
- Apples
- Bananas
- Raisins
- Cherry Tomato
- Pineapple
- Dried mango

VEGGIES

- Carrots
- Cucumber
- Sugar snap Peas
- Mealies/Corn
- Raw Broccoli

PROTEIN

- Chicken Pops
- Chicken Strips
- Chicken Drumsticks
- Sausages
- Viennas
- Biltong
- Egg Muffin Cups
- Meatballs/ Falafels
- Sliced cold meat
- Nut butter