

# 2 Weeks

of

*Easy* and *Healthy*

# Lunchbox

# Ideas

\*FREE\*

Printable

Grocery

List



Happy Home Fairy

# Lunchbox Grocery List

## Proteins:

- Deli ham slices (I love the Applegate brand)
- Deli roast beef slices
- Deli turkey slices
- Canned chicken (for chicken salad)
- Eggs (to be hardboiled for egg salad)
- Whole grain chicken nuggets (frozen)
- Hot dogs (Applegate brand or look for no nitrates)
- Peanut or almond butter

## Dairy:

- Cheddar cheese slices
- Mozzarella cheese sticks
- Strawberry yogurt
- Milk or chocolate milk boxes

## Fruits:

- Apples or prepackaged apple slices
- Applesauce
- Dried apricots
- Dried cranberries
- Strawberries
- Clementines
- Grapes
- Bananas

## Veggies:

- Carrot sticks
- Celery
- Broccoli

- Cucumber
- Sugar snap peas
- Spinach

## Snacks/Chips:

- Honey wheat pretzels
- Baked tortilla chips
- Snapea Crisps
- Sweet potato chips
- Whole grain crackers

## Bread:

- Whole grain bread
- Whole grain wrap
- Cinnamon raisin bagel or English Muffin
- Plain or whole grain bagel
- Whole grain waffles

## Miscellaneous:

- Single-sized servings of guacamole, salsa, lowfat dressing and/or hummus
- Dark chocolate squares
- Walnuts
- Organic fruit leather bar
- Fruit jam

And don't forget to pack lots and lots of love! ☺

# 2 Weeks of Easy and Healthy Lunchbox Ideas

## Week 1

### Monday

Peanut butter and jelly sandwich on whole grain bread. Apple slices. Strawberry yogurt. Honey wheat pretzels. Water.

### Tuesday

Ham and cheddar and apple slices (optional) on 2 whole grain waffles. Carrot sticks. Organic fruit leather bar. Water.

### Wednesday

Egg salad on a bagel. Sugar snap peas. Dried apricots. Chocolate milk.

### Thursday

Whole grain chicken nuggets with BBQ sauce. Snapea Crisps. Applesauce. String cheese stick. Water.

### Friday

Turkey sandwich. Cucumber and carrot coins with lowfat dressing or hummus. Clementine. Water.

## Week 2

### Monday

Sliced hot dogs (Applegate brand). Sweet potato chips. Cooked broccoli or carrot sticks. Clementine. Water.

### Tuesday

Chicken salad (made with celery, dried cranberries, and walnuts). Whole grain crackers. String cheese stick. Grapes. Water.

### Wednesday

Roast beef, cheese, and spinach on whole grain wrap. Baked chips and salsa or guacamole. Sliced strawberries. Water.

### Thursday

Peanut or almond butter with banana slices on whole grain bread. Honey wheat pretzels. Carrot sticks. Milk.

### Friday

Ham and cheese on a cinnamon raisin bagel or English Muffin. Apple slices. Water. 2 squares of dark chocolate (it's the weekend - make it 3 squares). ☺