

Anatomy of a lunchbox



CARBS

bread
rice
noodles
rice cakes
wraps
pasta
potatoes

HINT!

Combine groups - add fillings to your sandwich (like roast beef, carrot & lettuce), or salads with pasta, quinoa or rice... Try pasta, tuna, corn & cherry tomatoes with a bit of dressing.

PROTEIN & DAIRY

meat
tofu
tuna
egg
cheese (all types)
yoghurt
homous
tzatziki

FRUIT & VEG

Remember that there's more than just fruit - also pack...

cucumbers
carrot
celery
capsicum
gherkins
chickpeas

Extra stuff - muffins, biscuits, muesli bar etc