



The Organised You
TAKE BACK YOUR LIFE

LUNCHBOX & SNACK IDEAS

A LIST OF DELICIOUS AND HEALTHY IDEAS
FOR YOUR CHILD'S LUNCHBOX AND SNACKS
(...AND FOR YOU!)



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LUNCHBOX & SNACK IDEAS

LUNCHBOX CATEGORIES

- **Main lunch item** - sandwich/roll/scroll/wrap/pizza etc
 - **Dairy** - cheese cubes, small carton of milk, mini yoghurt pot
 - **Fruit/veg**
 - **Savoury** - crackers, savoury biscuit, popcorn, rice-cake, protein
 - **Treat**
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SAVOURY

- Cruskits
- Rice cakes with cream cheese/nut-free spread
- Crackers with dip/cheese/cream cheese
- Grain-waves
- Pretzels
- Saladas
- Vita-wheats
- Popcorn
- Pita chips
- Veggie chips
- Roasted chickpeas
- Chips & salsa
- Baked cheese puffs

PROTEIN & DAIRY

- Ham
- Salami
- Turkey
- Hard boiled eggs
- Cheese - cubes/sticks/grated

- Melted cheese tortillas/wraps cut into triangles
- Mini-yoghurt pot
- Small carton of milk
- Mini-smoothie

FRUIT & VEG

- Sultanas
- Dried apricots
- Fruit and cheese mix
- Frozen fruit
- Grapes
- Banana
- Mandarin
- Orange
- Apple or pear slices
- Apple with cream cheese
- Berries
- Carrot with hummus dip
- Cucumber
- Capsicum
- Cherry tomatoes
- Snow peas

BAKING

Sweet

(one-handedcooks.com.au)

- [Sweet muffins](#)
- [Carrot-cake no-bake balls](#)
- [Banana avocado bread](#)
- [Choc-chip muesli bars](#)
- [Pear & apple oat balls](#)
- [Blueberry, apple & lemon muffins](#)
- [Fruit, oat & chia mini-chews](#)
- [Chewy oat-fruit bars](#)
- [Apricot coconut muesli balls](#)
- [Lemon & poppyseed fingers](#)
- [Pikelets - berry, pear, banana](#)
- [Oaty crisp biscuits \(Kidspot\)](#)
- [Rolled oat slice \(Planning With Kids\)](#)
- [Quinoa snack balls](#)
- [Lemon & coconut muffins](#)

Savoury

(One-handedcooks.com.au)

- [Roast pumpkin, feta & parmesan loaf](#)
- [Cheesy crackers](#)
- [Zucchini slice](#)
- [Cheesy vegemite scrolls](#)
- [Cauliflower nuggets](#)
- [Garlic parmesan roasted chickpeas](#)
- [Cheesy-zucchini-ham bread](#)
(The Organised Housewife)
- [Muesli blinis \(I Quit Sugar\)](#)
- [Lunchbox pizza pinwheels \(Kidspot\)](#)
- [Mini bacon & egg pies](#)
- [Cheesy scones](#)

SANDWICHES/ ROLLS **WRAPS / PITA POCKET**

- Avocado & cream cheese
- Grated cheese and avocado
- Ham/salami and cheese
- Chicken and avocado
- Ham, egg and cheese
- Egg, chives, lettuce & mayo
- Turkey & cream cheese
- Turkey & ricotta
- Banana & ricotta
- Hummus & grated carrot
- Tuna, celery, apple & mayo
- Vegemite [with cheese]
- Sandwiches/wrap turkey, ham, cream cheese and jelly
- Peanut butter, honey & banana tortilla roll ups
- Turkey/ham with cheese & crackers
- Tortellini or pasta with pesto/olive oil
- Chicken salad
- Egg salad
- Tuna salad
- Hard boiled eggs
- Bagel with cream cheese
- Rotisserie chicken w/ tom/BBQ sauce
- Mexican bean dip with tortilla chips (beans, sour cream, salsa and cheese)
- Whole grain waffles or mini pancakes
- Quinoa and veggie bowls

Want to be more productive and efficient in your daily life?
Want to create more *calm and order* in your life?

Check out The Productivity Pack:
<https://courses.theorganisedyou.com/p/productivity-pack>

For only \$7, the Productivity Pack will help you to stay on top of your to-do's, set goals, plan your time and create routines, all in one place!