

LUNCHBOX RECIPES

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FORD
NUTRITION





Welcome!

Feeding a family day in and day out can seem overwhelming. As a busy mum of three growing boys, I know all too well! But I also know that with the right tips and tools, you can make things a lot easier on yourself to ensure your family eats (mostly) healthy foods.

This ebook has been designed to make it easier for you to prep healthy lunchboxes. As a nutritionist, I understand the importance of consuming a balanced diet that provides essential nutrients for optimal health and wellbeing.

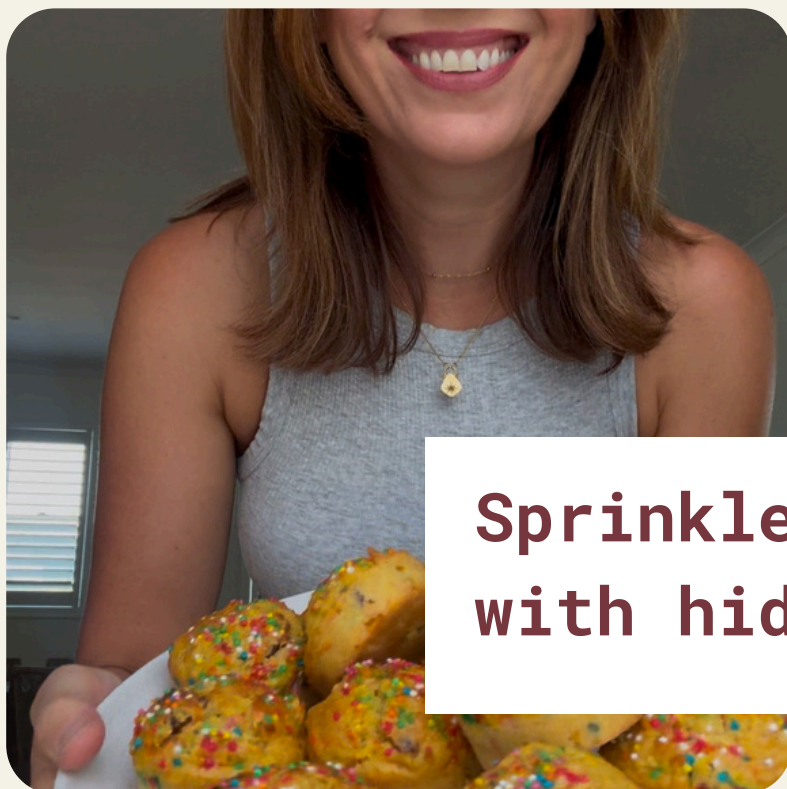
With this cookbook, you'll find some of my favourite lunchbox recipes that are not only nutritious but also tasty and easy to prepare. The recipes in this cookbook use a range of fresh ingredients that are easily accessible, making it possible for you to prep healthy lunchboxes without breaking the bank.

I hope that this cookbook inspires you to enjoy making homemade options for lunchboxes. So let's get cooking and create delicious and nutritious recipes for the whole family!

For more recipe inspo:

- [check out my blog](#)
- [Follow me on Instagram](#)





Sprinkle cupcakes with hidden veg

SERVINGS: 12-16

PREPPING TIME: 5MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 2 cups wholemeal flour
- 1 tsp baking powder
- 1 carrot, grated
- 1 apple, cored & grated
- 1 zucchini, grated & excess moisture squeezed out
- 1/2 cup sultanas
- 2 eggs
- 100ml extra virgin olive oil
- 1/2 cup milk of choice
- 1 tsp vanilla extra
- 1/3 cup sweetener of choice (I use raw sugar)
- 1 tsp ground cinnamon

DIRECTIONS

1. Preheat oven at 180°C
2. Combine flour, baking powder, sugar, and cinnamon in a large bowl.
3. In a separate bowl, whisk the oil, eggs, vanilla paste, and milk until combined.
4. Pour wet mixture into dry & stir until combined
5. Add the carrot, zucchini, apple, sultanas, and fold through until combined
6. Spoon into muffin tin/s and bake for 20 minutes (or until skewer comes out clean).
7. Allow to cool completely before transferring to an airtight container.
8. Enjoy

NOTES

- Store in the fridge for up to 4 days or in the freezer for 4 months.
- Freeze fresh muffins in a snaplock bag, and bring out daily for lunch boxes. The muffin thaws by break time and is lovely and fresh!



Pumpkin Protein Sheet Pan Pancakes

SERVINGS: 12 - 20

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 4 eggs
- 1 cup ricotta
- 1 cup pumpkin puree
- 1 cup wholemeal flour
- 1 cup milk of choice
- 1 tsp vanilla paste
- 1 tsp cinnamon
- 1 tsp mixed spice
- 1 scoop vanilla protein powder (optional)
- 1/4 cup mini choc chips (options)

DIRECTIONS

1. Heat oven to 180°C
2. Place all ingredients (except choc chips) in a blender and blend until combined and smooth.
3. Pour mixture into lined baking dish/es (mixture should be about 1cm thick), scatter with choc chips (if using)
4. Bake in the oven for 18-20min
5. Cut into bite-sized pieces and enjoy warm or cold as a snack.

NOTES

- You can swap out the pumpkin for mashed banana instead, if preferred
- Cut pancakes into snack sizes & freeze in single layers on baking paper in snap lock bags or container in the freezer



Double choc Black Bean Brownies

SERVINGS: 6-8

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1 x 400g tin black beans (drained & rinsed)
- 3 eggs
- 3 Tbsp extra virgin olive oil
- 1/3 cup cocoa powder
- Pinch of salt
- 3 tsp vanilla extract
- 1 tsp baking powder
- 1/4 cup sweetener of choice
- (I use raw sugar)
- 1/4 cup mini dark choc chips (optional)

DIRECTIONS

1. Preheat oven to 160°C
2. Line a square baking dish with baking paper
3. Place all ingredients (except the choc chips) in a food processor & blitz until smooth
4. Pour into baking dish, scatter with choc chips (if using) and cook in the oven for 25min or until skewer comes out clean. Allow to cool before cutting into bite-sized squares.

NOTES

- Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.
- If freezing, place a single layer on baking paper in a snap lock bag or container and place in lunchboxes the night before or morning of school for maximum freshness.



Veggie packed sausage rolls

SERVINGS: 21

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 500g pork mince
- 3 sheets puff pastry
- 1 medium carrot
- 1 medium zucchini
- 1 brown onion
- 1 egg
- 1 tsp mixed herbs
- 2 tsp milk for glazing
- Sesame seeds for sprinkling

DIRECTIONS

1. Preheat oven to 200°C
2. Roughly chop carrot, zucchini & onion and blitz in a food processor until finely diced
3. Combine diced veggies with the pork mince, mixed herbs & egg and mix until well combined
4. Working with one sheet of pastry at a time and starting on the left hand edge, place a large sausage of the meat mixture the full length of the pastry (6cm wide, 3cm high).
5. Picking up the edge with the sausage on it, roll the pastry until you reach the other end.
6. Press the pastry down.
7. Using a sharp knife, cut the log into 7 sausage rolls.
8. Freeze or Cook.
9. Bake immediately after brushing with milk & sprinkle with sesame seeds at 200°C for approx 20 minutes or until pastry is golden.

NOTES

- You can swap the pork mince for chicken, turkey or beef
- Freeze: put the rolls well spaced on a baking tray until solid then move to containers. Bake from the freezer at 210 degrees, brushing first with milk. Bake for approx 20-25 minutes, or until the pastry is golden.



Mini Quiches

SERVINGS: 6-8

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 5 eggs
- 1/4 cup milk of choice
- 1/2 cup cheese (cheddar or haloumi)
- Handful grape tomatoes, chopped
- 1/2 red capsicum, diced
- 1 small onion, diced
- 1 small zucchini, grated
- 90g tin Tuna or Salmon (optional)
- Salt & pepper to taste

DIRECTIONS

1. Whisk together egg and milk until combined.
2. Cook onion and capsicum over medium heat until softened.
3. Add onion mixture and remaining ingredients to egg mixture and stir to combine.
4. Pour into lined or greased 12 muffin tray (I like to use silicone ones for easy removal) and bake in oven at 200°C degrees for 20 minutes.

NOTES

- Batch cook and freeze portions to be used when needed.

ABOUT CAILIE FORD NUTRITION



CAILIE FORD IS A MOTIVATIONAL SPEAKER, CLINICAL NUTRITIONIST AND ACCREDITED CHANGE MANAGER.

CAILIE WORKS WITH INDIVIDUALS AND BUSINESSES ACROSS THE GLOBE, PROVIDING CUSTOMISED PROGRAMS THAT SUPPORT PEOPLE TO THRIVE AND COMPANIES TO SUCCEED.

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