

# CLEAN EATING FOR KIDS

## Lunchbox Ideas

### Protein

- LUNCHEAT - HAM, TURKEY, ETC. (WE JUST EAT IT LUNCHABLE STYLE, BUT YOU CAN ALSO USE GLUTEN FREE BREAD PRODUCTS TO MAKE A SANDWICH)
- PEPPERONI OR SALAMI
- JERKY STICKS (CHOMPS, THE NEW PRIMAL, NICK'S STICKS, ETC.)
- BEEF JERKY
- MEAT BARS (DNX, EPIC, WILD ZORA)
- HARD BOILED EGGS
- EGG, TUNA, OR CHICKEN SALAD
- SMALL CONTAINERS OF HUMMUS

### Fruit & Veggies

- RAW VEGGIES WITH A CLEAN DIPPING RANCH (HOMEMADE RANCH OR TESSAMAES, ETC. WITH CARROTS, SNAP PEAS, PEPPERS)
- KALE CHIPS
- FRESH FRUIT (DON'T THINK YOU NEED HELP ON THIS ONE!)
- APPLESAUCE CUPS OR POUCHES
- FRUIT LEATHERS
- DEHYDRATED OR DRIED FRUIT (WITHOUT ADDED SUGAR)
- 100% JUICE FRUIT CUPS (DOLE IS THE BRAND WE GET)
- JUICE BOXES

### Sides

- NUTS: ALMONDS, CASHEWS, PECANS, ETC.
- LARA BARS
- RX BARS
- KITCHFIX "GRANOLA" BARS
- HOMEMADE GRAIN-FREE GRANOLA
- HOMEMADE PALEO MUFFINS
- SIMPLE MILLS CRACKERS
- PLANTAIN CHIPS (USUALLY TAKEN TO GO WITH THE HUMMUS)

### Sometimes

THESE MY KIDS GET TO ADD TO THEIR LUNCH BOX ONCE A WEEK AS A FUN ADDITION, BUT ARE NOT SOMETHING I AM COMFORTABLE WITH THEM HAVING DAILY EITHER DUE TO NUTRITION OR COST

- CHOCOLATE ALMOND MILK CARTON
- DAIRY-FREE GLUTEN-FREE COOKIES (WHETHER PALEO ONES FROM HOME OR A BRAND LIKE ENJOY LIFE)
- GLUTEN FREE CHIPS LIKE CORN TORTILLA CHIPS OR CLEAN POTATO CHIPS

### Hot Food

WE USE SMALL THERMOSES TO TAKE AND KEEP WARM THESE ITEMS:

- HOMEMADE CHICKEN STRIPS
- HOMEMADE MINI CORN DOGS OR CODNDOG MUFFINS
- TACO MEAT (TAKEN WITH TORTILLA CHIPS)
- MINI BURGERS
- SOUP
- CAULIFLOWER OATMEAL

