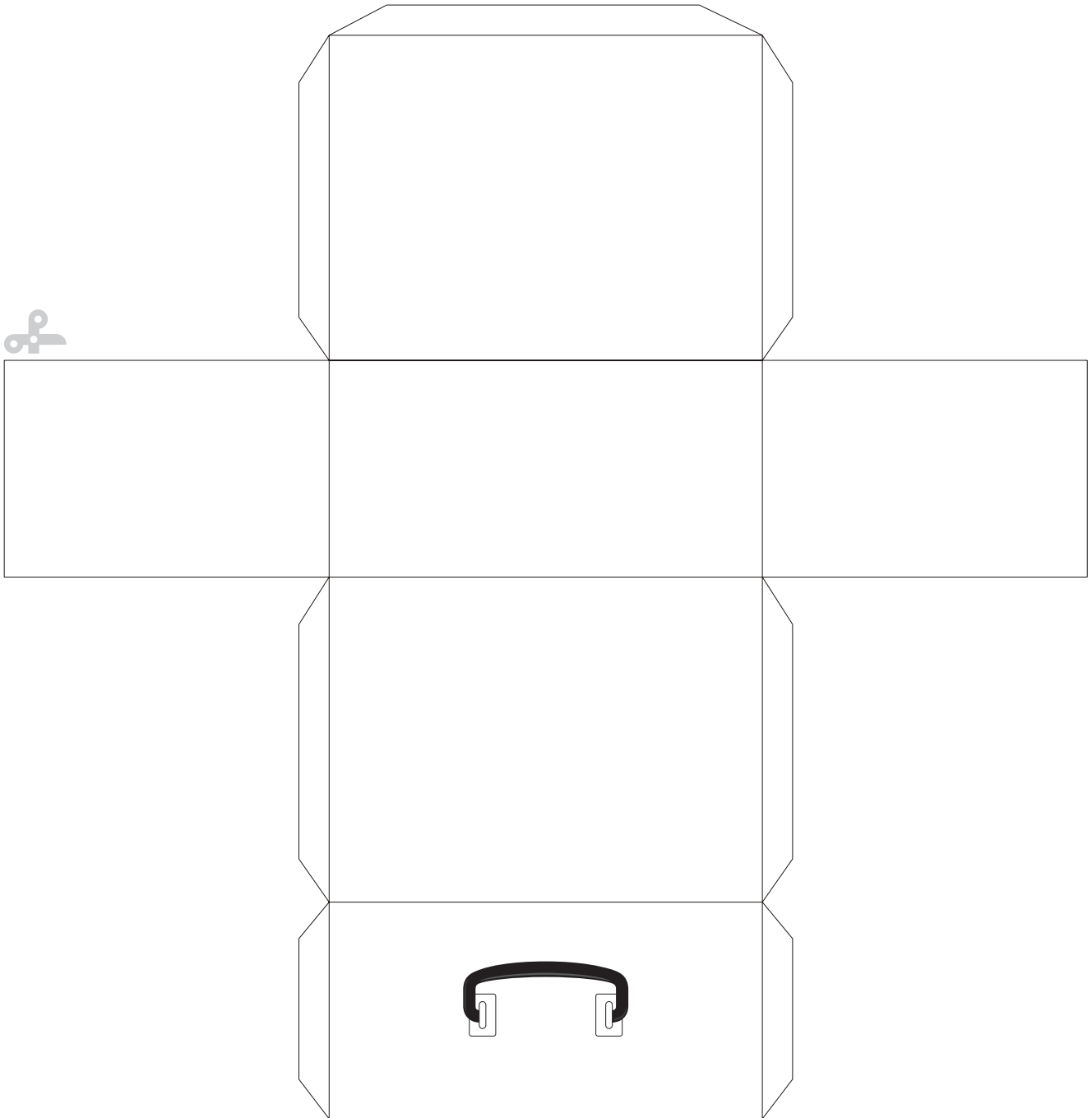




# (U1L14R5) Healthy Lunchbox Ideas



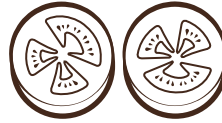


# (U1L14R5) Healthy Lunchbox Ideas

## Vegetables



Cucumber



Tomato



Lettuce



Avocado



Carrot Stick



Cucumber Stick



Bok Choy



Celery Stick



Cherry Tomatoes



Bean Sprouts



Green Beans



Capsicum

## Fruits



Apple



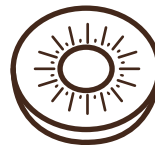
Watermelon



Fruit Bowl



Grapes



Kiwifruit



Apricot



Plum

## Dairy

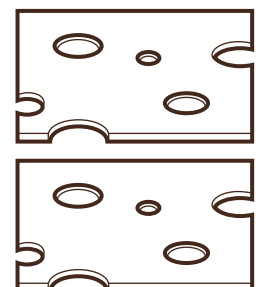
200g Yoghurt



Reduced Fat Milk



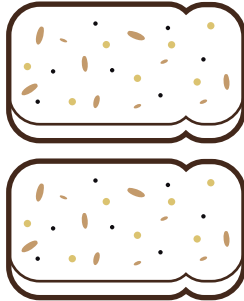
Cheese



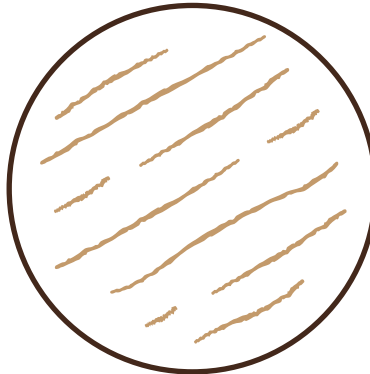


# (U1L14R5) Healthy Lunchbox Ideas

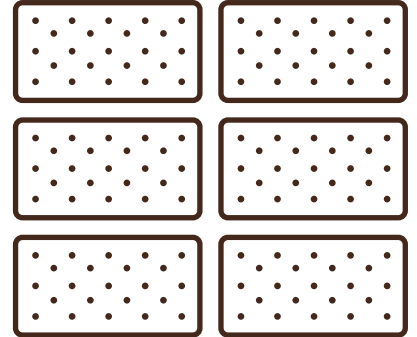
## Grains & Breads



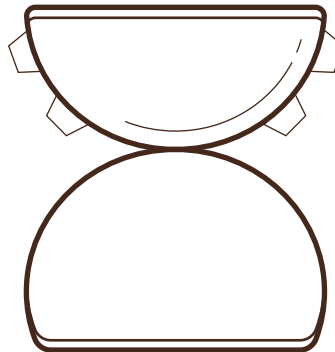
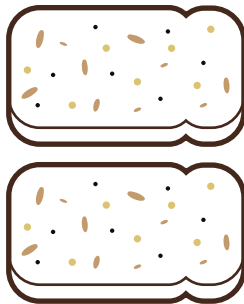
Bread (Wholemeal/  
Wholegrain/White  
High Fibre)



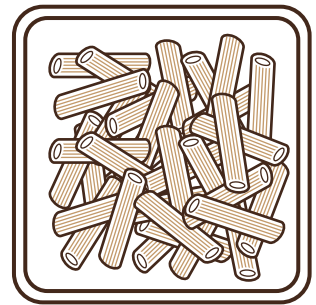
Wrap



Crispbread

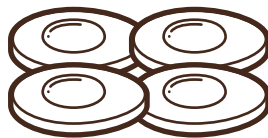


Pita Bread (Pocket)

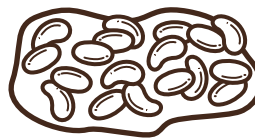


Pasta

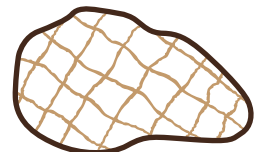
## Lean Meats, Poultry and Legumes



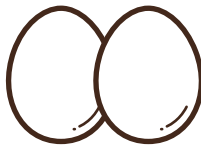
Boiled Eggs



½ cup Baked Beans



65g cooked Lean  
Beef/Lamb



Eggs



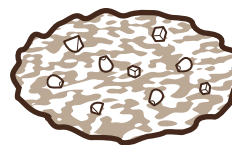
80g Cooked Chicken



Hummus/Peanut  
Butter



100g Tinned Tuna



Rissoles (Lean  
Minced Beef) with  
mixed vegetables



Tofu