



Food changes
Everything!



What's for lunch?

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Packing a healthy lunchbox can be daunting if you are having to look beyond the traditional sandwich + yogurt.

Keep in mind a simple formula

- Protein (meat, chicken, eggs, fish)
- Fruit & Veggies
- Fat (nuts, avocado, treats)
- Home made treats (muffins, biscuits, slices – preferably sugar free)

Here's some ideas that I hope are inspiring for you.

All of these are gluten, dairy, soy and corn free. Any other dietary requirements may need modifications to suit your individual circumstances.

Savoury ideas

- Frittata (eg : potato, carrot, spinach, capsicum, garlic, eggs)
- Rice Slice (cooked rice pressed into base, 6 eggs for topping with spinach/salmon or whatever you're using, + celtic salt), cooked and cut into squares
- Falafels
- Leftover sliced chicken and finely chopped coleslaw
- Lentil & potato risssoles
- Leftover casserole with mash (potato/sweet potato/pumpkin) sent in thermos
- Nori rolls with avocado, carrot, lettuce, salmon
- Babaganoush with carrot and cucumber sticks
- Mild dahl + rice (sent in thermos)
- Fried rice or quinoa (veges, ham, chicken, egg)
- Home made soup with gluten free spiral pasta (sent in thermos)
- Home made pizza leftovers
- Leftover roast meat and salad
- Container of salad - let your imagination run wild - quinoa tabouli, gluten free pasta, salmon, veges, rice, lentils, currants, lettuce, chicken, hard boiled eggs, snow peas, celery, cherry tomatoes, broccoli, capsicum, cucumber
- Rice crackers with dip – hummous, guacamole
- Quinoa tabouli
- Tuna pasta salad (rice, amaranth or quinoa pasta)
- Rice paper rolls with lettuce, carrot, cucumber and rice
- Chicken drumsticks
- Cold sausages
- Left over home made chicken nuggets or fish fingers
- Ham/zucchini/tomato/spinach muffins made with eggs and almond meal
- Vege kebabs (capsicum, cherry tomato, mushroom, cucumber, carrots)
- Bean salad
- Rice bread with nut butter
- Leftover spaghetti bolognaise or gnocchi (in thermos)

- Egg wraps (2 egg omelette cooked very thin, add filling and roll like a wrap. For filling try savoury mince, ham, roast meats, tuna, salad)
- Home made rissoles or meatballs
- Fish fingers and hummos
- Fritters - pumpkin, zucchini, broccoli, leftover roast meats, eggs + rice flour
- Lunch cake - like a frittata - lots of veges/spag bol sauce or meat. eggs – bake as a muffin
- Baked beans
- Hard boiled eggs
- Meat & salad veges rolled in lettuce wraps
- Salad & veges rolled in a deli meat roll
- Chicken or sausage kebabs
- GF corn free tortillas or wraps with meat and salad



- GF allergen free pancakes
- GF crumbed lamb cutlets
- Chicken shredded (or tuna), diced celery & apples, mayo, squeeze of lemon juice
- Sandwich on a Stick! Thread small pieces of GF bread, meat, cherry tomatoes, capsicum, celery, cucumber on a skewer. Possibilities are endless
- Pesto sauce, chicken and GF noodles (try Slim Pasta or Naked Noodles for carb free, Gluten free, grain free noodles)
- Risotto
- Turn leftover Risotto into Risotto cakes (mix with some eggs and bake as muffins)



Sweet things and treats

- Home made biscuits and muffins that suit your child's diet are a great morning tea/afternoon tea snack
- Trail mix. Experiment with what nuts/fruit/seeds suit you, make a big container and keep in the fridge and scoop into smaller containers to put into lunchbox. Try : Enjoy Life choc chips, pumpkin seeds, walnuts, hazelnuts, sultanas, dates, figs, sulphur free dried fruit (cut into small bits), dried cranberries. Sometimes I also chop up some gluten/dairy free marshmallows in it as well.
- Pineapple/coconut cups (can crushed pineapple, can of coconut milk with tablespoon honey thickened with tapioca starch). When cooled put pineapple on bottom and coconut on top
- Home made pikelets (try banana + honey or apple + cinnamon)
- Date and pumpkin scones
- Fresh fruit salad (thread onto a skewer for a change and also with dairy free coconut yogurt as a dip)
- Fruit juice jelly
- Plain potato chips
- Vege chips
- Preservative free dried fruit
- Leda fruit bars
- Enjoy Life cookies and snack bars
- Moo Free chocolates (for a special treat)
- Coconut Date balls ([Click here for info](#))
- Artisse Organic Ari Bars
- Macro Raw Food bars
- Macro "free from" dips + veges
- Table of plenty dark chocolate rice cakes
- Co-Yo coconut yogurt
- Raw veges or fruit + dip of tahini or nut butter
- Coconut bread + honey
- Rice crackers or carrot sticks + hummous
- Chicknuts (roasted chickpeas)
- Smoothies or juices – make fresh at home and send them in these fabulous reusable pouches. You can freeze so the kids have slushies or just send cold as a drink ([Click here for info](#))
- Coconut bread, Banana bread or Zucchini bread

For other great lunchbox ideas visit:

The Lunchbox Revolution book

<http://nourishmehealth.com.au/245/>

What Can I Eat

www.whatcanieat.com.au and download their Back to School lunchbox guide

The Allergy Menu

www.theallergymenu.com specify the foods you wish to avoid and search a fabulous range of recipes

Many of the ideas in this guide were submitted by the talented and committed parents in the Australian Biomedical Autism Group – thank you for sharing what works for you and your kids.

The photos of the gorgeous lunch boxes are from www.realfoodfreaks.com

