

THE 5 STEP HEALTHY LUNCH PLAN



1. Choose a **healthy starch** & **source of protein**

BREAD - WRAP - RICE - NOODLES - PASTA - BAGEL - POTATOES
BEANS - CHICKEN - BEEF - TOFU - TURKEY - FISH

2. Add some **vegetable** or **salad**

CARROT - PEPPER - CUCUMBER - TOMATO - SWEETCORN - PEAS

3. Choose something sweet, fresh or dried **fruit**

APPLE - PEAR - BLUEBERRIES - BANANA - APRICOT - RAISINS - PINEAPPLE - MANGO

4. Add a nutritious snack or some dairy

CRACKERS & DIP - YOGHURT - LOW SUGAR CAKE/BISCUIT - CHEESE

5. Stay hydrated WATER WATER WATER

PLEASE REMEMBER WE ARE A NO NUT SCHOOL

