



Lunch Planner

School time is back and so is packing lunches! This simple lunchtime planner will help to keep your family organized, keep lunches interesting and will allow your child to participate in choosing what they like to eat.

Have your child answer the questions below and take them along for the grocery shop so they can add in a few of their favorite foods.

My favorite lunch is:

My favorite fruits are:

My favorite vegetables are:

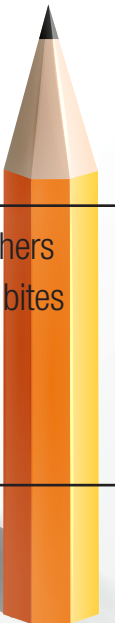
My favorite snacks are:





Dr. Joey's sample meal and snack chart

	Day 1	Day 2	Day 3	Day 4	Day 5
Lunch	Turkey sub sandwich on whole wheat bread with cucumbers and sprouts	Cheese, lettuce and cucumber wrap with mustard	Whole wheat bagel with cream cheese and cucumbers	Tomato soup and rice with cheesy rice crackers	Whole wheat pita with hummus, red pepper, cucumbers and shredded mozzarella
Fruit and vegetables	Cut up watermelon	Blueberries and strawberries	Carrots and celery sticks with Ranch dip	Sliced apples	Cucumbers and dip
Snacks	Homemade banana chocolate chip bread or cookies	Unsweetened apple sauce or yogurt	Pretzels and raisins or veggie chips	Cheese and crackers	Fruit leathers and/fruit bites





Other meal suggestions

- Grilled cheese and tomato sandwich
- Mini pizza on whole-wheat English muffins
- Avocado or cucumber brown rice sushi
- Rotini pasta with vegetables, tomato sauce and parmesan cheese
- Turkey, cheese, cucumber and red peppers
- Chicken fingers with dipping sauce (see recipe below)
- Turkey and Swiss Panini sandwich
- Whole wheat, avocado, tomato and cheese sandwich

Other snack suggestions

- Apple chips
- Baked chips and guacamole
- Air popped popcorn
- Homemade popsicles at home
- Mini bruschettas for after school
- Hummus and carrots
- Peanut butter and jelly mini wraps (for after school - not for nut free environment)

Other tips and tricks

- Invest in a small icepack to pack in a thermal lunch bag to keep food and beverages cool and fresh
- To reduce waste, only pack as much food as you think your child will eat.
- Be a label reader. Choose products with little trans fats, saturated fats, sugars and sodium.
- Invest in insulated bottles and thermoses to keep foods at the proper temperature
- If baking cookies or muffin to send to school, remember to keep them nut free.

Homemade Crispy Chicken Fingers

Ingredients:

- 4 boneless, skinless chicken breasts cut into chicken finger size
- 1 cup whole wheat Italian Seasoned bread crumbs
- 1 cup freshly grated parmesan cheese
- 1 Tablespoon garlic powder
- 1 teaspoon Herbamare salt substitute – Provincial herb is best OR 1 tsp sea salt
- 2 egg whites

Method:

- In a medium size bowl combine breadcrumbs, grated parmesan, garlic powder and salt. Stir till incorporated
- In a separate bowl beat 2 egg whites till combined
- Dip chicken fingers one by one into the egg mixture and then roll them in the breadcrumb mixture
- Place breaded fingers on a baking sheet lined with parchment paper
- Bake 400 degrees turning after 15 minutes and baking another 10 minutes till golden and crispy.

Serves 4, one serving 4 chicken fingers (1 protein serving)