

# Monday to Friday Lunchbox Planner

Use this planner to organise your lunches for the week. Whether it's for yourself or for your kids, use your knowledge of the 6 core components, and your inspiration chart to build a balanced lunchbox! This will also help you build your shopping list for the week.

|  |                                 | Example   | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------------------------------|---|--------|---------|-----------|----------|--------|
|    | <b>Fruit</b>                    | Kiwi fruit  |        |         |           |          |        |
|    | <b>Vegetables</b>               | Cucumber sticks   |        |         |           |          |        |
|    | <b>Wholegrains</b>              | Pita bread (to have with falafel, salad ingredients and hummus) |        |         |           |          |        |
|    | <b>Meat &amp; alternatives</b>  | Falafel   |        |         |           |          |        |
|  | <b>Dairy &amp; alternatives</b> | Homemade tzatziki dip   |        |         |           |          |        |
|  | <b>Fluids</b>                   | Water bottle  |        |         |           |          |        |