



feedinglittles

# Lunches *Summer 2018*

Whole grain woven wheat crackers + hummus + sliced cheese + freeze dried peas + watermelon cubes + guacamole cup

Leftover teriyaki chicken + rice + shredded carrots + steamed shelled edamame + mandarin orange segments

Chicken salad or egg salad on whole grain bread (cut into a fun shape) + blueberries + cut up broccoli + ranch + string cheese

Protein pancake sandwich (two small pancakes with almond or sunflower seed butter in between) + summer fruit salad (seasonal berries, melon) + snap peas + ranch

Deconstructed pizza: cut up Ezekiel English muffins + shredded Italian cheese + marinara sauce for dipping + uncured pepperoni slices + sliced olives + cut up bell peppers + pineapple

Many health food stores now carry freeze-dried vegetables!

White rice has 80% less arsenic than brown rice - we recommend using many types of rice!

Try Chosen Foods or Primal Kitchen avocado oil mayonnaise.

Basic pancake recipe: 3 eggs + 2 bananas + 1 cup old fashioned oats; blend and cook on coconut oil; use dairy-free ranch if needed.

If home for lunch, you can make warm English muffin pizzas in the oven or toaster oven.

Modify the suggestions above to account for allergies, intolerances and eating skills. Most lunch combinations must be kept refrigerated or kept on ice to maintain food safety.

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