



Make your OWN balanced lunch

What would YOU like to eat? Pick from the lists below to make yourself a healthy, balanced lunch which will keep you going and give you good fuel for energy!

Choose your carbohydrate (pick 1) either wholemeal or grain:

Wrap Roll Bread

Choose your protein (pick 1):

Ham Chicken Turkey Tuna
Roast Beef Egg Four Bean mix Salmon



Now for the salad (pick a minimum of 3):

Lettuce Tomato Onion Cucumber
Capsicum Carrott Beetroot Sprouts
Baby spinach Pineapple

Tasty additions (pick 1 - 2):

Avocado Hommus Cheese Mustard
Mayonaise (1tbs) Tomato relish Ricotta cheese

To make this lunch complete ADD a piece of fresh fruit, a serve of dairy (either a yoghurt or milk) and a bottle of water!

Why not photocopy this sheet and use as a 'lunch order' form for home

