



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7
Ph: (905) 840-WELL Fax: (905) 840 -LIFE
www.drjustineblainey.com
www.blaineywellness.com

5 By Design School Lunchbox Ideas

by [Kristin McCaig](#)

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Eat By Design!

School is back.

Seriously...how does this always happen so fast? Eight weeks gone in a flash!

This means that school lunches are back too and I am about to help simplify that for you. You can download all of the recipes you'll see here in the handy little meal plan we put together for you at the end of this post (and yes, it is free)!

The Perfect Lunch

A *perfect* lunch is one that satisfies your child feeling full, without leaving leaving them exhausted and ready for a nap. That sounds good to me. So that means that it cannot be full of processed, sugary snacks or grain based foods.

Containers

You have options here.

Stainless steel containers like Planet Box and Lunchbots are lightweight, eco-friendly, durable and healthy for storing food. They are great and will likely last forever but not surprisingly, they are at higher price point.

I am using Sistema, a BPA free plastic product that I love because the price is reasonable (although, I would not say cheap). The containers have a lot of cool dividers so that you can fit more food into each container without having them mix together (think veggies and dip).

A thermos is also a necessary part of a healthy lunchbox. I used our Thermos (it comes with a folding stainless steel spoon) almost every single day last year. I add boiling water to the insulated thermos for about five minutes, then I dump out the water and add our heated up food and it keeps warm until lunchtime.

Lunch Box 1

Main: Chicken & Veggie Soup

Snacks:

1. Carrots and Sweet Poppy Seed Dressing
2. Peaches
3. Avocado with Sea Salt
4. Yogurt
5. Nut Free Trail Mix

Lunch Box 2

Main: Hamburgers with Organic Ketchup

Snacks:

1. Berries with Yogurt and a dribble of Maple Syrup
2. Cucumbers and Dip (Homemade Mayo or Tzatziki)
3. Apple
4. Nut Free Trail Mix

Lunch Box 3

Main: Grilled Chicken Thighs (Wrap optional)

Snacks:

1. Zucchini
2. Celery Sticks
3. Cheese
4. Cherry Tomatoes
5. Chocolate Avocado Pudding
6. Nut Free Trail Mix

Lunch Box 4

Main: Turkey Apple Mini-Meatloaves

Snacks:

1. Red and Green Peppers
2. Cheese
3. Grapes
4. Apple Sauce
5. Nut Free Trail Mix

Lunch Box 5

Main: B'Eggs

Snacks:

1. Broccoli Salad
2. Cucumbers
3. Pineapple
4. Grapes
5. Yogurt
6. Nut Free Trail Mix