



# BACK TO SCHOOL

# LUNCH BOX IDEAS

Mix and match items to design a well-balanced, healthy lunch!

**USE GUIDELINE:** healthy carb (fruit and veggie), protein, good fat (olive oil, avocado) and fun snack.

## PROTEIN

- Bean Chili
- Quinoa
- Burritos with avocado
- Quesadillas (with Daiya Cheese and veggies)
- Lentils
- Veggie burger
- Smoothies (ex. [Berry Green Smoothie](#))
- Raw nuts and seeds (add dried fruit to make a trail mix)

## VEGGIES

- Carrot sticks
- Sugar snap peas
- Red bell pepper strips
- Cucumber slices
- Celery sticks
- Grape tomatoes
- Steamed green beans
- Steamed broccoli spears
- Sugar snap peas
- Make veggie kabobs and add a yummy dip (hummus, salsa, spinach or red pepper dip)

**BONUS:** Strive for a dark green leafy salad every day.

**BONUS:** Make delicious [juices](#)

## FRUIT

- Apple slices
- Strawberries
- Blueberries
- Raspberries
- Cherries
- Grapes
- Bananas (ex. Banana sliced down the middle with almond butter)
- Melon chunks
- Dried fruit
- Pineapple chunks
- Orange or clementine wedges
- Pears
- Peaches

## TREATS

- Kale or sweet potato chips
- [Granola bars](#)
- [Banana Oat Muffins \(GF\)](#)
- [Power Balls](#)



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# 50 HEALTHY SNACK IDEAS

FREE PRINTABLE DOWNLOAD

## TREATS

### RECIPES ONLINE:

- GF Banana Oat Muffins
- Vegan Stuffed Mushrooms
- Raspberry Lemon Sorbet
- Strawberry Coconut Ice Cream Parfait
- Power Balls
- Yay Bars

### SPICY ROASTED CHICKPEAS

#### INGREDIENTS:

- 1 Tbsp. extra virgin olive oil
- 2 tsp. paprika
- ¼ tsp. garlic powder
- ¼ tsp. cayenne pepper
- 1 15 oz. can chickpeas, rinsed and drained

**DIRECTIONS:** Preheat oven to 40 degrees F. Stir together oil, paprika, powder, and pepper in a bowl. Add chickpeas and coat. Spread coated chickpeas on baking sheet and bake for 30 minutes or until crisp and golden. Remove and cool. Serve. *Serves 2-4.*

### FRUITY GRANOLA

#### INGREDIENTS:

- ¼ cup pumpkin seeds
- ½ cup almond slices (you can chop them up if you like)
- ¼ cup ground flax seed
- ½ cup shredded coconut flakes
- 1 cup dried mix fruit
- 1 cup Bob's Red Mill GF Oats
- 2 tsp. vanilla

**DIRECTIONS:** Preheat oven to 350 degrees F. In a bowl, mix all ingredients together except for dried fruit. Pour the mixture a cookie sheet and flatten. Bake for 20 minutes. Remove from oven and cool. Crumble into a bowl and add the mixed dried fruit. Eat plain or add almond or coconut milk if you wish. *Makes 4 servings. If kept in an airtight glass container in pantry, this will last for 3-4 days.*

**Tip:** use parchment paper to line the cookie sheet.

### RAW STRAWBERRY OAT BARS

#### INGREDIENTS:

- 1 cup dates (pitted)
- ¼ cup almond slices
- 1 cup Bob's Red Mill Gluten-Free Rolled Oats
- 1 cup of strawberries, thinly sliced
- Pinch of sea salt

**DIRECTIONS:** Pulse the dates, nuts, oats, and salt in a food processor until combined. Press the date mixture into the bottom of a 9 x 5 inch loaf pan, lined with parchment paper. Mash half the strawberries and spread on top of date mixture. Top with remaining strawberries. Slice into rectangles. Serve. *Makes 12.*

### BERRY FUDGE

#### INGREDIENTS:

- 1 avocado, peeled and pitted
- ½ cup fresh blueberries
- 2 Tbsp. raw almond butter
- 2 Tbsp. raw cacao powder
- 1 Tbsp. raw honey

**DIRECTIONS:** Blend all ingredients until smooth. Spread evenly into a 9x12-inch pan and refrigerate for 2 hours or until fudge is hard. Cut into 12-16 pieces and serve. *Serves 2-4.*

### FEISTY KALE CHIPS

#### INGREDIENTS:

- 1 bunch kale (1 cup)
- 2 Tbsp. tahini (or raw almond butter)
- 1 Tbsp. lime juice
- 1 Tbsp. extra virgin olive oil
- ½ tsp. crushed red pepper flakes
- ¼ tsp. sea salt

**DIRECTIONS:** Preheat oven to 115° degrees F. Use a knife to cut out the tough inner rib that runs lengthwise through the center of each kale leaf. Cut the kale leaves into large pieces and place into a large bowl. In a small bowl, mix the remaining ingredients and pour over the kale. Massage the kale with your fingers, coating each leaf thoroughly. Distribute the kale evenly on a cookie sheet in a single layer. Bake for 10 minutes, flip, and bake for an additional 10 minutes. Watch that they don't burn. They should be crisp and dry before serving. *Serves 1-2.*

## SMOOTHIES

### RECIPES ONLINE:

- Chocolate Banana Milkshake
- Lean Green Lassi
- Sweet Thang
- Eat Your Cake
- Celebrate You
- Kick Start
- Tropical Mint
- Spa Clean
- Peachy Green
- Nutty Mango
- Easy Peasy
- Herb Felt
- Green Up
- Start Me Up
- Cilantro Lemonade
- Glorious Apple

### VITAL HEALTH SMOOTHIE

#### INGREDIENTS:

- 1 cup spinach
- 1 cup coconut water
- 1 orange, peeled
- 1 frozen banana, peeled
- ¼ cup frozen mango
- ¼ cup goji berries
- 1 Tbsp. spirulina

**DIRECTIONS:** Blend all ingredients and serve. *Makes 18 oz. (appr.)*

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## JUICES

### RECIPES ONLINE:

- Love Juice
- Beauty Remedy
- Power Green
- Bliss Out
- Soaring Energy
- Hangover Mary
- Slim Shady
- Refresh Grapefruit and Mint

### CLEANSE THAT LIVER JUICE

#### INGREDIENTS:

- 3 celery stalks
- 1 bunch dandelion greens (1 cup)
- 1 pear
- ½ lemon, peeled
- 1 Tbsp. (or handful) parsley

**DIRECTIONS:** Juice up the ingredients and serve.

## VEGGIES AND DIPS

### SPINACH DIP

#### INGREDIENTS:

- 2 cups spinach
- 1 cucumber, chopped
- ½ cup water
- 1 Tbsp. lemon juice
- 1 avocado, peeled and pitted
- Sea salt to taste

**DIRECTIONS:** In a food processor, blend all ingredients together. Try to make a creamy consistency. Try to use as little water as possible. *Makes 4 servings. If kept in an airtight glass container in fridge, the dip will last for 4-5 days.*

### WHITE BEAN DIP RECIPE

#### INGREDIENTS:

- 2 Tbsp. extra virgin olive oil
- 1 garlic clove, minced
- ½ onion, diced (1/4 cup)
- 1 15 oz. can cannellini beans, rinsed and drained
- Sea salt to taste

**DIRECTIONS:** In a food processor, blend all ingredients together. Add water as needed to create smooth consistency. Try 1/8 cup of water to start. Season with salt. *Makes 4 servings. \*If kept in an airtight glass container in fridge, the dip will last for 4-5 days.*

### RED PEPPER HUMMUS

#### INGREDIENTS:

- 1 15 oz. can of chickpeas, rinsed and drained
- 1 red bell pepper, seeded
- 1 garlic clove
- 2 Tbsp. tahini
- 1 Tbsp. lemon juice
- Sea salt to taste

**DIRECTIONS:** Combine all ingredients in food processor and pulse until smooth. Serve. *Makes 4 servings. If kept in an airtight glass container in fridge, the dip will last for 4-5 days.*

### HUMMUS

#### INGREDIENTS:

- 1 15 oz. can chickpeas, rinsed and drained
- 3 Tbsp. extra virgin olive oil
- 1 garlic clove, peeled
- ½ cup tahini
- 2 Tbsp. lemon juice
- Sea salt to taste

**DIRECTIONS:** In a blender or food processor, blend all ingredients. Add water as needed, 1 Tbsp. at a time, to create a smooth consistency. *Serves 4. \*If kept in an airtight glass container in the fridge, the hummus will last for 4-5 days.*

## SALSAS

### RECIPES ONLINE:

- Fresh Salsa Recipes

### BERRY AVOCADO SALSA

#### INGREDIENTS:

- 1 tomato, quartered (1 cup)
- 1 cup fresh blueberries
- 1 Tbsp. lime juice
- 1 Tbsp. fresh cilantro
- 1 tsp. sea salt
- 1 avocado, peeled, pitted and cubed

**DIRECTIONS:** Pulse all ingredients, except for avocado, in a food processor. Place pulsed ingredients in bowl. Add avocado and mix with rest of your salsa ingredients. Serve. *\*Makes 1-2 cups and tastes best if served immediately.*

### FRESH CORN SALSA

#### INGREDIENTS:

- 1 Tbsp. extra virgin olive oil
- 1 cup fresh corn kernels (from 2 ears) or use frozen
- 1 tomato, chopped (1 cup)
- 1 Tbsp. chopped cilantro
- 1 Tbsp. chopped jalapeno with seeds
- 1 Tbsp. fresh lime juice
- Sea salt and freshly ground pepper to taste

**DIRECTIONS:** In a skillet, heat oil over medium-heat. Add corn and sauté 2 minutes, or until corn is tender. Spread out on a plate. Transfer to refrigerator for 10 minutes to cool quickly. Combine tomatoes, cilantro, jalapeno, and lime juice in medium bowl. Mix in corn. Season with salt and pepper. Serve. *\*Makes 1-2 cups*

### PARADISE SALSA

#### INGREDIENTS:

- 1 cucumber, peeled, seeded, and diced (1/2 cup)
- ½ small pineapple, peeled, cored, and diced (1 cup)
- 1 green onion, thinly sliced (¼ cup)
- 1 red chili pepper, chopped (1/4 cup)
- 1 avocado, peeled, seeded, and diced
- Sea salt and freshly ground pepper to taste

**DIRECTIONS:** Stir together cucumber, pineapple, onions, and pepper in medium bowl. Mix in avocado. Season with salt and pepper and let stand 5 minutes before serving. Serve. *\*Makes 1-2 cups.*

### ZUCCHINI SALSA

#### INGREDIENTS:

- 1 tomato (1 cup)
- 1 medium zucchini
- ½ yellow onion, chopped (1/4 cup)
- 1 garlic clove, minced
- 1 Tbsp. fresh cilantro
- 1 Tbsp. lime juice
- Sea salt to taste

**DIRECTIONS:** Combine all ingredients into food processor. Roughly pulse until everything is mixed well but still a chunky texture. Transfer to a medium bowl. Serve. *\*Makes 1-2 cups and tastes best if refrigerated ½ hour before serving.*

**WHAT CAN YOU EAT WITH YOUR SALSAS?** Why all sorts of things like: gluten-free pita bread, tortilla chips, mix with quinoa, hummus, corn bread (mix in batter), soup (tortilla and corn chowder), even as a topping for gluten-free pizza.

