

# LUNCHBOX

## BENTO BOX: PROTEIN + VEGGIE + FRUIT + TREAT

### PROTEIN

- Applegate Farms chicken slices
- Applegate Farms turkey slices
- Turkey, chicken, or beef meatballs
- Tuna or chicken salad
- Boiled eggs
- Muffin tin quiche or frittata
- Canned sardines or tuna

### VEGGIE

- Baby carrots
- Snap peas
- Cherry tomatoes
- Celery
- Persian cucumbers
- Bell pepper slices
- Pickles

### FRUIT

- Melon balls
- Apple or pear slices
- Half a banana
- Berries
- Grapes
- Orange segments
- Cherries

### EXTRA

- Nuts and dried fruit
- Date with sunflower butter
- Celery with nut butter and raisins
- Homemade jello cut into fun shapes
- Half a lara bar
- SCD friendly baked good
- Almond flour crackers
- Mashed avocado

### IDEAS

- Veggie quiche with almond flour crust or crustless frittata. Bake in muffin tins for individual portions
- Bone broth soup with shredded chicken and cooked carrots
- Tuna salad with chopped grapes and celery, almond flour crackers, pickle, mashed avocado
- Cauliflower or almond flour pizza with tomato sauce, veggies, and prosciutto
- Prosciutto, ham, or turkey slices wrapped around arugula, cherry tomatoes, snap peas, and pear slices with cinnamon
- Turkey slices wrapped around avocado with apple slices and nut butter
- Lettuce wrap with any veggies and meat
- Egg wraps/crepes (basically a very thin omelet) with green onions and avocado
- Skewers with meat and veggies-- tomatoes and prosciutto, turkey and cucumbers, chicken and bell peppers
- Smoothie with spinach, blueberries, banana, nut butter, cinnamon and bone broth
- Leftovers from the night before

## OTHER IDEAS OR THINGS THAT WORKED: