



LUNCH PACKING PLANNER

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Welcome

Hello! I'm Corinne, a dedicated mom of five with a passion for making family life both fulfilling and fun. Over the years, I've navigated the challenges of balancing a busy household with healthy eating and joyful living.

I've gathered countless tips and tricks along the way, and I'm excited to share my insights on meal planning and family-friendly cooking with you. My goal is to help you simplify your mealtime routines, engage your children in the kitchen, and create nutritious meals that will delight everyone at your table.



LUNCHBOX PACKING GUIDE

Packing school lunches doesn't have to be stressful! Use the cheat sheet to mix and match ingredients for balanced, nutritious, and fun lunchbox meals your kids will love.

The Perfect Lunchbox Formula

For a well-rounded meal, include:

- ✓ **Protein** – Keeps kids full and energized.
- ✓ **Grains & Carbs** – Provides lasting energy.
- ✓ **Fruits & Veggies** – Packed with vitamins and fiber.
- ✓ **Dairy or Healthy Fats** – Supports brain development.
- ✓ **Fun Snack or Treat** – Keeps things exciting!



Lunchbox Packing Hacks

- ✓ **Temperature Control** – Use a frozen sponge in a sealed bag as an ice pack to keep food cold without leaks.
- ✓ **Color Code Containers** – Assign each child a different color to simplify prep and avoid mix-ups.
- ✓ **Themed Lunches** – Make lunch fun with occasional themes like “Rainbow Day” or “Favorite Character Day.”

Pro Tips for Easy Lunch Packing

- ✓ **Prep Ahead** – Cut fruits & veggies at the start of the week. Store in airtight containers.
- ✓ **Use Bento Boxes** – Keeps food separate & prevents sogginess.
- ✓ **Freeze & Go** – Make sandwiches ahead and freeze. Thaw in the lunchbox.
- ✓ **Dip It!** – Add small containers of hummus, ranch, or yogurt for extra fun.
- ✓ **Get Kids Involved** – Let them pick an item from each category to keep lunches exciting!

LUNCHBOX CHEAT SHEET

Packing school lunches doesn't have to be stressful! Use this cheat sheet to mix and match ingredients for balanced, nutritious, and fun lunchbox meals your kids will love.

PROTEIN OPTIONS

- Grilled chicken strips
- Turkey or ham roll-ups
- Hard-boiled eggs
- Hummus & pita
- Cheese sticks or cubes
- Peanut butter
- Tuna or egg salad
- Greek yogurt
- Beans or lentils

GRAINS & CARBS

- Whole wheat bread
- Tortillas or wraps
- Crackers (whole grain)
- Pita bread
- Brown rice or quinoa
- Whole wheat pasta
- Oatmeal muffins
- Granola bars
- Pretzels

FRUITS & VEGGIES

- Apple slices
- Grapes
- Berries
- Banana
- Baby carrots
- Cherry tomatoes
- Cucumber slices
- Bell pepper strips
- Snap peas
- Dried fruit

DAIRY/HEALTHY FATS

- Cheese slices or cubes
- Cottage cheese
- Greek yogurt
- Avocado slices
- Nut-free butter
(sunflower, soy)
- Chia pudding
- Hard cheese (cheddar, mozzarella)

SNACKS & TREATS

- Popcorn
- Trail mix (nut-free option)
- Mini muffins
- Applesauce pouches
- Dark chocolate chips
- Fruit leather
- Rice cakes with peanut butter
- Homemade energy bites

EASY & FUN LUNCH IDEAS

Tired of packing the same lunches every day? Mix and match these ideas for endless lunchbox combinations that are kid-approved and stress-free!



Sandwiches & Wraps

- Turkey & cheese sandwich
- Peanut butter & banana wrap
- Hummus & veggie wrap
- Tuna salad sandwich
- Grilled cheese (cut into strips)
- Egg salad on whole wheat
- Chicken salad pita pocket
- Sunflower butter & jelly sandwich
- Cream cheese & cucumber sandwich
- Avocado & turkey roll-ups

Fruits & Veggies

- Apple slices with nut butter
- Grapes (cut for younger kids)
- Blueberries & strawberries
- Watermelon cubes
- Orange slices or clementines
- Carrot sticks & hummus
- Celery with cream cheese & raisins
- Cherry tomatoes & mozzarella bites
- Bell pepper strips & guacamole
- Cucumber slices with ranch dip

Protein-Packed Options

- Hard-boiled eggs
- Greek yogurt with honey
- Cheese cubes & whole grain crackers
- Cottage cheese & fruit
- Tuna & crackers
- Edamame pods
- Mini meatballs
- Chicken strips with dipping sauce
- Hummus & pita chips
- Black bean & cheese quesadilla

Whole Grains & Carbs

- Whole wheat bagel with cream cheese
- Brown rice & veggie stir-fry
- Whole grain pasta salad
- Quinoa & black bean mix
- Oatmeal muffin
- Popcorn & dried fruit mix
- Whole wheat pita & cheese
- Whole grain crackers & hummus
- Whole grain granola bar
- Soft pretzel with mustard

EASY & FUN LUNCH IDEAS

Fun Snacks & Treats

- Applesauce pouches
- Fruit leather (no sugar added)
- Trail mix (nut-free option)
- Rice cakes with peanut butter
- Dark chocolate chips & nuts
- Energy bites (oats, honey, peanut butter)
- Banana chips & yogurt dip
- Yogurt-covered raisins
- Graham crackers & cream cheese
- Mini muffins (banana, chocolate chip)

Snacks & Side Dish Ideas

- String cheese & whole wheat crackers
- Roasted chickpeas
- Seaweed snacks
- Cottage cheese with fruit
- Cucumber & cream cheese roll-ups
- Apple slices with caramel or peanut butter dip
- Hard-boiled eggs with a pinch of salt
- Hummus with sliced peppers & pita chips
- Greek yogurt with granola & honey
- Frozen grapes or banana slices
- Pita chips & guacamole
- Sliced bell peppers with ranch dip
- Whole wheat pretzels & mustard
- Cheese & fruit kabobs
- Mini quesadilla slices

Drinks

- Water with fruit slices
- Milk (dairy or non-dairy)
- 100% fruit juice box
- Smoothie (frozen berries, yogurt, banana)
- Coconut water
- Iced herbal tea
- Protein shake
- Chocolate milk
- Kefir (probiotic drink)
- DIY flavored water (lemon, mint, berries)

Lunch Packing Essentials

Looking for the best tools to make packing lunches simple and fun? Here are my favorite lunch-packing essentials, carefully chosen to help you create fresh, delicious meals that stay warm and travel well.

Thermos Funtainer: Keeps meals warm for hours, perfect for soups and pasta.

Bento Boxes: Ideal for portioning and organizing lunches neatly.

Reusable Silicone Baking Cups: Colorful and practical for portioning sides.

Insulated Lunch Bags: Keeps hot and cold items at the perfect temperature.

Electric Lunch Box: Perfect for warming meals on the go.

Leak-Proof Snack Containers: Perfect for fruit, dips, and small sides.

Reusable Ice Packs: Great for keeping sides or drinks cool.





Food Picks and Cutters: Make meals fun with shapes and themed picks.

Stainless Steel Condiment Cups: Perfect for packing dips and sauces.

See on Amazon

Lunch Packing Essentials – Make Every Lunch Easy, Fresh, and Fun

Simplify your lunch-packing routine with my favorite tools and accessories for creating delicious, well-balanced meals. From insulated containers to bento boxes that make packing healthy portions a breeze, these essentials are perfect for kids and adults alike. Whether you're prepping for school, work, or on-the-go adventures, these tried-and-true picks will help you pack lunches that are fresh, organized, and easy to enjoy.

			
UpChefs Complete Bento Lunch Box Supplies and Accessories F... \$25 ⁹⁹ <small>List Price: \$26.99</small>	IELEK IELEK Silicone Lunch Box Dividers Reusable Non-Toxi... \$14 ⁹⁹	VITEVER [6 Pack] Salad Dressing To Go Containers, 1.6 oz Smal... \$7 ⁹⁹ <small>List Price: \$9.99</small>	SEANSDA SEANSDA 70 Pcs Silicone Lunch Box Dividers Set,... \$6 ⁸⁷

WEEKLY LUNCH PLANNER

Days	Main	Sides	Snacks	Notes
Mon				
Tue				
Wed				
Thu				
Fri				

Notes

Always
remember
to be
KIND.



BE
BRAVE



You are
AMAZING!



Have a
BEAUTIFUL
Day!



BELIEVE
in yourself
☆ ☆
☆

Don't be afraid
to make
~~MISTAKES.~~
MISTAKES
help you grow.

You are 
LOVED

You can STEER
YOURSELF
to any
DIRECTION
you
CHOOSE.

