

XCentric Ideas

Recipes from the Internet
Photos my own

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What is in your lunchbox??

This is a 'suggestion' issue.

There are such a huge variety of choices in the shops, but I've tried to give you an idea.

I am sure that after scrolling through these pages, you will decide which option is the best for you and your family.

Try and be adventurous.

But be healthy.

Choose the
basis of your
packed lunch:

Raw or steamed broccoli

Raw or steamed cauliflower

Raw or steamed broccoli

Raw or steamed carrot slices / ribbons

Cooked potato cubes / rounds

Cooked sweet potato rounds / ribbons

Raw or steamed baby marrow slices

Raw or steamed baby marrow ribbons

Cooked rice / couscous

Cooked pasta

Cooked / tinned beans



Choose the
protein of your
packed lunch:

Tuna

Soft or Hard-boiled eggs

Grilled / steamed chicken breast

Grilled / steamed fish

Grilled meat

Grilled sausage

Feta cheese

Cheddar cheese

Salmon

Seasoned cooked mince

Fried chicken livers

Tofu



Choose the additions of your packed lunch:

Green or Black Olives

Baby tomatoes

Sliced / cubed cucumber

Raw julienned carrot

Steamed corn

Green Peas

Steamed green beans

Raw baby spinach leaves

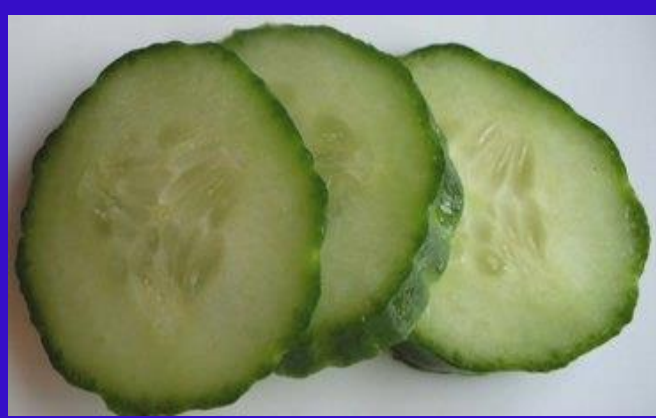
Steamed spinach leaves

Seasoned cooked mince

Fried chicken livers

Mushrooms

Feta cheese / other cheese



Packing a lunchbox can be quick,
creative and healthy.