

*CHILDREN'S HEALTHY*

**LUNCH BOXES**



## Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet –

Whilst our recipes can help most people lose weight as part of a calorie-controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information are provided, it is calculated using common databases.

Exact values will vary, however, and so the values will only be approximations for your finished dish.



# Lunchbox Pasta Salad

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Kcal 528 Fat 16g Carbs 69g Protein 23g Serves 6

## INGREDIENT

- ▶ 400g pasta
  - ▶ 4-5 tbsp fresh pesto
  - ▶ 1 tbsp mayonnaise
  - ▶ 2 tbsp Greek yogurt
  - ▶ ½ lemon , juiced
  - ▶ 200g mixed cooked veg such as peas, green beans, courgette (chop the beans and courgette into pea-sized pieces)
  - ▶ 100g cherry tomatoes , quartered
  - ▶ 200g cooked chicken , ham, prawns, hard-boiled egg or cheese
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## METHOD

### STEP-ONE

Cook the pasta in boiling water until it is al dente, so about 11 mins, but refer to the pack instructions. Drain and tip into a bowl. Stir in the pesto and leave to cool.

### STEP-TWO

When the pasta is cool, stir through the mayo, yogurt, lemon juice and veg. Spoon into lunchboxes or on to pasta plates and put the cooked chicken or protein of your choice on top. Chill until ready to eat if intended for a packed lunch.





# Super-Salad wraps

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Kcal 354 Fat 19g Carbs 26g Protein 16g Serves 1

## INGREDIENT

- ▶ 1 tortilla
  - ▶ 2 tbsp hummus
  - ▶ 1 lettuce leaf
  - ▶ ¼ carrot , shredded or grated
  - ▶ 4 cucumber sticks and/or 2 avocado slices
  - ▶ 1 tbsp fresh tomato salsa or chopped tomatoes
  - ▶ handful grated cheddar
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## METHOD

### STEP-ONE

Lay the tortilla out flat on a board, spread the hummus on the bottom third and put the lettuce on top. Arrange the carrot, cucumber and/or avocado in a bank on top of the lettuce and spoon the salsa on top. Sprinkle on the cheese.

### STEP-TWO

Fold the bottom of the wrap up just over the filling, fold the sides in and then roll the wrap the rest of the way up. Cut in half or into pieces as shown. Either put straight into a lunchbox or if halved, wrap in wax paper first.





# BLT Pasta Salad

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Kcal 332 Fat 13g Carbs 35g Protein 18g Serves 1

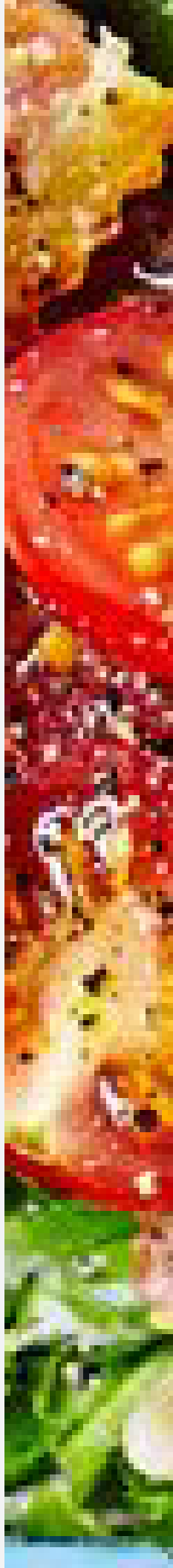
## INGREDIENT

- ▶ 25g pasta bows
  - ▶ 2 cooked crispy bacon rashers, broken into pieces
  - ▶ 15g spinach, chopped
  - ▶ 6 cherry tomatoes, halved
  - ▶ ½ tbsp crème fraiche
  - ▶ ¼ tsp wholegrain mustard
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## METHOD

### STEP-ONE

The night before school, cook the pasta following pack instructions and run under cold water to cool quickly. Mix in the bacon, spinach, tomatoes, crème fraiche and mustard, and season with a little salt. Spoon into an airtight container and keep overnight in the fridge.





# Chocolate Cornflake Cakes

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Kcal 121 Fat 6g Carbs 15g Protein 1.3g per cake Makes 12

## INGREDIENT

- ▶ 50g butter
  - ▶ 100g milk or dark chocolate, broken into chunks
  - ▶ 3 tbsp golden syrup
  - ▶ 100g cornflakes
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## METHOD

### STEP-ONE

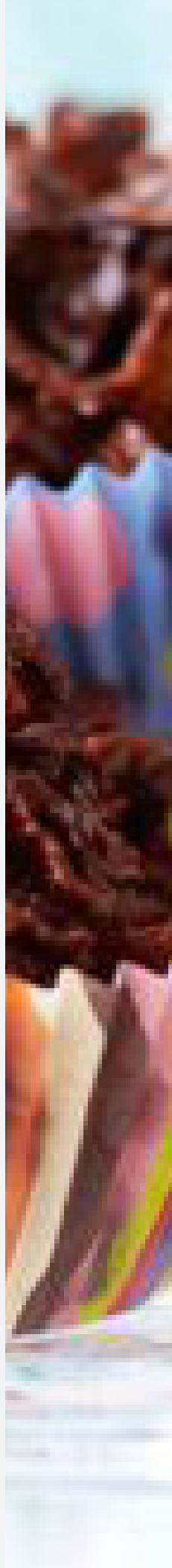
Children: Weigh out the ingredients. Older children can do this by themselves with supervision and little ones can help to pour or spoon ingredients into the weighing scales. Put 50g butter, 100g milk or dark chocolate, broken into chunks and 3 tbsp golden syrup in a saucepan or microwavable bowl. Put 100g cornflakes in another large bowl.

### STEP-TWO

Grown ups: Melt the weighed butter, chocolate and golden syrup in the saucepan over a low heat or briefly in the microwave. Allow to cool a little before pouring over the cornflakes.

### STEP-THREE

Grown ups: Melt the weighed butter, chocolate and golden syrup in the saucepan over a low heat or briefly in the microwave. Allow to cool a little before pouring over the cornflakes.



# Healthy Pancakes

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Kcal 53 Fat 1g Carbs 8g Protein 8g per PANCAKE Makes 12

## INGREDIENT

- 50g self-raising flour
  - ▶ 50g wholemeal or wholegrain flour
  - ▶ 2 small eggs, separated
  - ▶ 150ml skimmed milk
  - ▶ berries and low-fat yogurt or fromage frais to serve
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## METHOD

### STEP-ONE

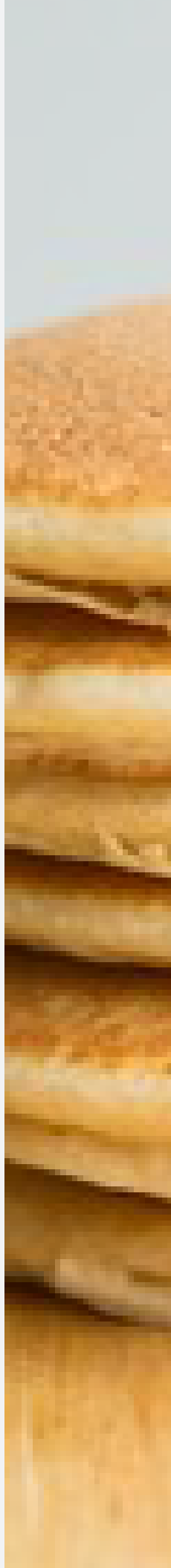
Sift the flours into a bowl or wide jug and tip any bits in the sieve back into the bowl. Add the egg yolks and a splash of milk then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.

### STEP-TWO

Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter – try not to squash out all the air.

### STEP-THREE

Heat a non-stick pan over a medium heat and pour in enough batter to make a pancake about 10 cm across. Cook for just under a minute until bubbles begin to pop on the surface and the edges are looking a little dry. Carefully turn the pancake over. If it is a bit wet on top, it may squirt out a little batter as you do so. In that case, leave it on the other side a little longer. Keep warm while you make the remaining pancakes. Serve with your favourite healthy toppings.





# Fruit options to add to lunch box

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## Berries



They include strawberries, blueberries, cherries, and blackberries. The darker the colour pigment of the berry the more nutritious it is. Berries contain high levels of antioxidants, especially vitamin C which can help prevent the risk of cancer. Berries are also good foods for brain.

2

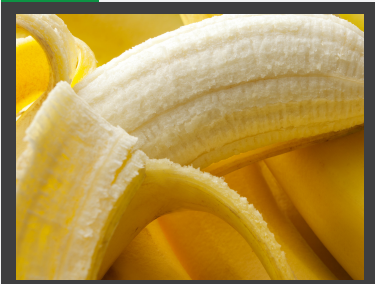
## Apples



The nutrients apples provide actually help your kids stay strong and healthy while doing the things they love such as climbing, jumping, playing sports, etc.

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## Bananas



Did you know that athletes eat lots of bananas because they are rich in carbohydrates that can help power muscles? Surely kids don't need bananas to increase their muscle tone, however, kids do need the carbohydrates as a source of energy.

## About Healthy Diet

Eating a healthy diet is all about feeling great, having more energy, improving your health, and boosting your mood. Good nutrition, physical activity, and healthy body weight are essential parts of a person's overall health and well-being.

There's no questioning the importance of healthy food in your life.

Unless you maintain a proper diet for a healthy body, you may be prone to diseases, infection, or even exhaustion. The importance of nutritious food for children especially needs to be highlighted since otherwise they may end up being prone to several growth and developmental problems. Some of the most common health problems that arise from lack of a balanced diet are heart disease, cancer, stroke, and diabetes.

Being physically active manages many health problems and improves mental health by reducing stress, depression, and pain. Regular exercise helps to prevent metabolic syndrome, stroke, high blood pressure, arthritis, and anxiety.



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