

15

Easy Lunch Ideas

Dr. Taylor Arnold PhD, RDN



© Growing Intuitive Eaters, PLLC

TERMS OF USE

Downloading or purchasing any product from Growing Intuitive Eaters, PLLC includes a limited individual use license only. This product may be printed or used only for personal use. No part of this product may be copied, shared, or sent electronically to any individual other than the original purchaser/downloader. Reproducing or distributing any part of this product through the internet, social media, medical or nutrition practices, or likewise is strictly forbidden. You may not sell or claim this product as your own. Links to products may be affiliate links. If you have any questions, please contact me at drtaylorarnold@growingintuitiveeaters.com.

If you share how you are using this product, please include a link to my Instagram (@growing.intuitive.eaters) or to www.growingintuitiveeaters.com.

This ebook is intended for educational purposes only. It is not medical advice. If you are concerned about your child's diet or nutrition status, please contact your pediatric dietitian or pediatrician.



MAIN

Quesadilla

FRUIT

Blueberries

VEGGIE

Cucumbers with
Cesar dressing

EXTRAS

Pretzels



MAIN

Cheese and
pepperoni skewers

FRUIT

Blueberries

VEGGIE

Mini cucumbers
and hummus

EXTRAS

Cheese crackers and This
Saves Lives granola bar



MAIN

Sandwich with turkey,
cheese, and butter

FRUIT

Kiwi

VEGGIE

Sliced mini cucumbers
+ hummus

EXTRAS

Pretzels, That's it bar

NOTE: I originally intended to buy pretzel buns but couldn't find them at the store. Switching up the buns/breads in your favorite sandwiches is an easy way to bring some novelty while introducing minimal change to a meal!

MAIN

Bagel and
cream cheese

FRUIT

Plum and
clementine

VEGGIE

Mini bell
pepper

EXTRAS

Veggie straws
and guacamole



MAIN

Crackers, cheese,
deli turkey

FRUIT

Strawberries

VEGGIE

Sliced bell
peppers

EXTRAS

Freeze dried Okra (Trader
Joe's), This Saves Lives bar





MAIN

Egg Life egg white wrap foldover with sunbutter, strawberries, and chia seeds

FRUIT

Strawberries

VEGGIE

Mini cucumbers

EXTRAS

Graham crackers and pretzels



MAIN

Oat and blueberry pancakes

FRUIT

Strawberries

VEGGIE

Carrots

EXTRAS

Whole fat greek yogurt with chia seeds, Freeze dried Okra (Trader Joe's)

how do I handle sugar?

My kids currently go to a low-sugar school, so I am unable to send sweets in their school lunches. But I often include sweets in lunches on the weekend! For more details on my approach to sweets for kids, check out my [Growing Intuitive Eaters 101 course on YouTube!](#)



MAIN

Bagel with cream cheese

VEGGIE

Mini bell peppers

FRUIT

Raspberries

EXTRAS

Chocolate chips and
peanut butter chips



MAIN

Cream cheese and
jelly sandwich

FRUIT

Blueberries and
strawberries

VEGGIE

Mini
cucumber

EXTRAS

Cheddar cheese
and Hippeas puffs

MAIN

Sunbutter, hemp
hearts, jelly sandwich

FRUIT

Mango

VEGGIE

Mini bell
peppers

EXTRAS

Mozzarella cheese stick,
rainbow Goldfish crackers





MAIN

Leftover pizza

FRUIT

Pouch

VEGGIE

Mini cucumber

EXTRAS

Pretzels, hummus,
cheese stars

MAIN

Cheese, crackers,
salami

FRUIT

Strawberries

VEGGIE

Cucumbers, bell pepper
strips, hummus

EXTRAS

Cheerios,
Goldfish crackers



MAIN

Siggi's whole milk yogurt cup

FRUIT

Clementine orange

VEGGIE

Broccoli, cherry tomato quarters

EXTRAS

Pirate's booty, Annie's bunny grahams



MAIN

Chickpea pasta salad with mozzarella, salami, tomatoes

FRUIT

Raspberries

VEGGIE

Cucumber stars, bell pepper strips, hummus

EXTRAS

Goldfish crackers, pumpkin seeds



tips for short school lunches

I love this. But my guy gets 25 min for lunch and he NEVER has time to finish. Is he a bit squirrely? Yes. But these kids do not have time to eat! Any tips??



- Practice at home with a visual timer
- Send easy to eat/open options (peel oranges, open cheese sticks, etc)
- Include safe foods in lunch
- Offer foods rich in protein, fat, and fiber to help keep them full until pickup



Here is my favorite visual timer! You can find it on Amazon [here](#).



MAIN

Cheese cubes and pepperoni

VEGGIE

Mini bell peppers

FRUIT

Strawberries

EXTRAS

Veggie straws and hummus



Thank You...

Thank you for joining us in raising the next generation of intuitive eaters, for parenting a generation of kiddos who love food, and for joining us in declaring that FEEDING KIDS CAN BE FUN AND SCIENCE-BASED.

So to you, person who loves a tiny human, we know that you already have to worry about what's for dinner, work stuff, parenting methods, and so many other things. Feeding your kids should not add to that list.

Let's make this easy together. Join me inside my FREE courses for busy parents where we will chat about helping kiddos eat more types of food (diet variety), ditch the sweets obsession, and grow healthy relationships with food. The courses are 100% FREE with no strings attached. Because I believe EVERY parent deserves to have this information. Head to my [YouTube channel](#) for the courses!

With love,

Dr. Taylor Arnold



Contact Information



growingintuitiveeaters.com



[Growing Intuitive Eaters](#)



[@growing.intuitive.eaters](#)



[@Dr.TaylorArnold](#)