Easy Lunch Ideas



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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.





Quesadilla

FRUIT

Blueberries

VEGGIE

Cucumbers with Cesar dressing

EXTRAS

Pretzels

MAIN

Cheese and pepperoni skewers

FRUIT

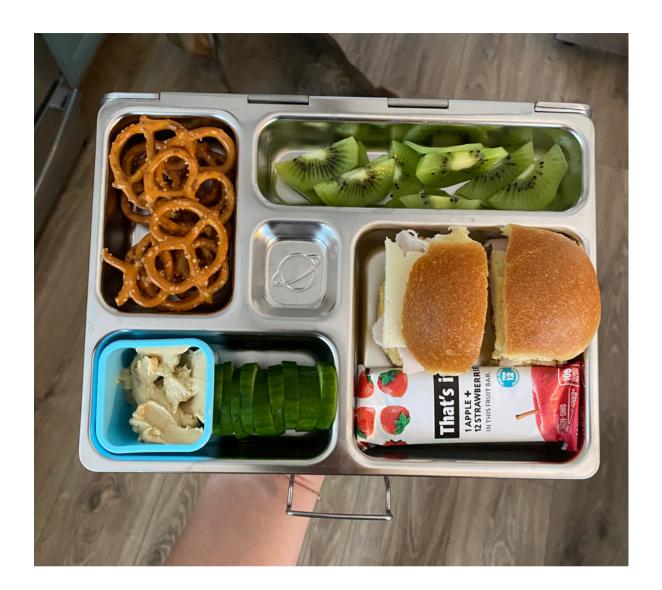
Blueberries

VEGGIE

Mini cucumbers and hummus

EXTRAS

Cheese crackers and This Saves Lives granola bar



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!

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









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

FRUIT

Strawberries

VEGGIE

Mini cucumbers

EXTRAS

Grahm crackers and pretzels

MAIN

Oat and blueberry pancakes

FRUIT

Strawberries

VFGGIF

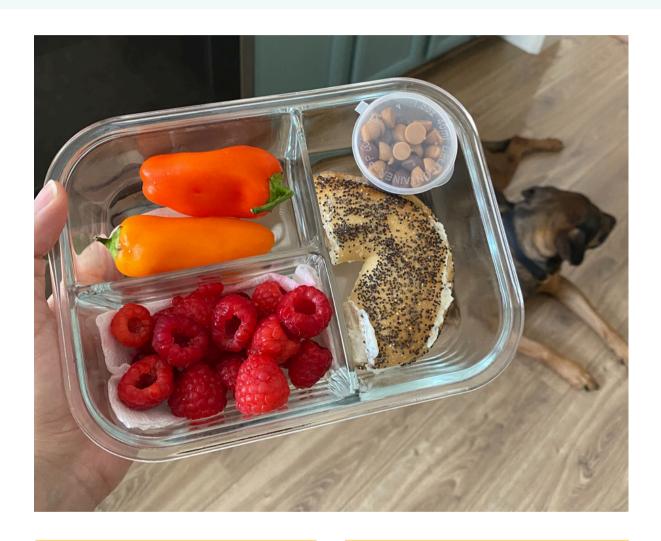
Carrots

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 <u>Growing Intuitive Eaters</u> 101 course on YouTube!



MAIN

Bagel with cream cheese

FRIIIT

Raspberries

VEGGIE

Mini bell peppers

EXTRAS

Chocolate chips and peanut butter chips



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







Cheese, crackers, salami

FRUIT

Strawberries

VEGGIE

Cucumbers, bell pepper strips, hummus

EXTRAS

Cheerios, Goldfish crackers MAIN

Leftover pizza

FRUIT

Pouch

VEGGIE

Mini cucumber

EXTRAS

Pretzels, hummus, cheese stars



Siggi's whole milk yogurt cup

FRUIT

Clementine orange

VEGGIE

Broccoli, cherry tomato quarters

EXTRAS

Pirate's booty, Annie's bunny grahams





MAIN

Chickpea pasa 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 squirrelly? 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 <u>here</u>.



MAIN

VEGGIE

Cheese cubes and pepperoni

Mini bell peppers

FRIIIT

EXTRAS

Strawberries

Veggie straws and hummus



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 <u>YouTube channel</u> for the courses!

With love, Dr. Taylor Arnold