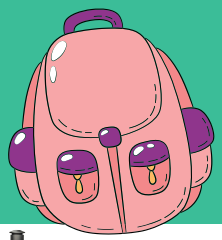
Bakers Delight

WEEK 3 5 DAY LUNCH BOX PLANNER

USE OUR PLANNER FOR NUTRITIOUS AND FUN LUNCH BOX INSPIRATION



MONDAY

- [ ] Water
- [ ] Celery sticks with cottage cheese & raisins
- [ ] Container of grapes
- [ ] A bag of popcorn

DR JO'S

- [ ] Sausage & Tomato Relish Sandwich

TUESDAY

- [ ] Water
- [ ] Hard-boiled egg, cherry tomatoes & cucumber
- [ ] Container of strawberries
- [ ] Oat-based muesli bar

DR JO'S

- [ ] Tuna & Corn Mayo Sandwich

WEDNESDAY

- [ ] Water
- [ ] Celery sticks with cottage cheese & raisins
- [ ] Container of grapes
- [ ] A bag of popcorn

DR JO'S

- [ ] Chicken & Celery Salad Sandwich

THURSDAY

- [ ] Water
- [ ] Hard-boiled egg, cherry tomatoes & cucumber
- [ ] Container of strawberries
- [ ] Oat-based muesli bar

DR JO'S

- [ ] Pulled Pork & Pineapple Salsa Sandwich

FRIDAY

- [ ] Water
- [ ] Celery sticks with cottage cheese & raisins
- [ ] Container of grapes
- [ ] A bag of popcorn

DR JO'S

- [ ] Frittata Pesto Sandwich

QUICK WIN WITH DR JO

Dr Joanna McMillans muffin recipe tastes great defrosted! Make a batch and pop what you don't need in the freezer for another week

Share your lunch box creations on social using hash tags #myquickwin #mybakersdelight

SHOPPING LIST:

- [ ] Bakers Delight Cape Seed Loaf
- [ ] Bakers Delight Wholegrain LowFOD™ Loaf
- [ ] Bakers Delight Chia Omega-3 Wholemeal Loaf
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YOU CAN FIND ALL THE RECIPES TO DR JOANNA MCMILLAN'S FILLINGS ON OUR WEBSITE:
BAKERSDELIGHT.COM.AU