









Lunchbox PLANNER

Still stuck on what to pack the kids for lunch? Mix and match an item from each category for a healthy and balanced lunch they'll love.

PROTEIN	GRAIN	FRUIT	VEGETABLES	DAIRY	TREATS
PnP snack pack beef droëwors	PnP popped sorghum 	Sliced fruit 	Carrot sticks and dip	PnP Livewell chocolate almond milk 	Snack-size chocolate bar
PnP BBQ chicken pancakes 	Seed crackers	Dried fruit	PnP sugar snap and mini corn	Yoghurt tub	PnP Muncheez cheese flavoured
PnP BBQ-glazed meatballs	Wholewheat sandwich	Dried fruit roll	PnP veggie snack cup with celery, carrot, cucumber and tomato	Cheese wedges	Mini biscuits
PnP Livewell raw mixed nuts 	Gluten-free muffin	Fruit juice	PnP chickpea and corn bites 	PnP full-fat cheese sticks	Candy-coated nuts
Hard-boiled egg	PnP seed snack bar 	Fruit and dip	Cucumber slices	Flavoured milkshake	Popcorn
PnP quiche cocktail Lorraine	Wrap	PnP mini fresh fruit pot 	Cherry tomatoes	Drinking yoghurt	PnP date balls

Need more info? Get in touch with our friendly dietitian at healthhotline@pnp.co.za or **0800 11 22 88**