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Weekly Meal Planner



Monday

Tortilla Wrap Lunchbox Idea

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Step 1: Prepare a tortilla wrap with cream cheese, cheddar cheese, turkey slices, and cucumber. Cut the wrap into three portions and place in the Grand Lunchbox.

Step 2: Add some unpeeled sliced

banana and a small apple in one compartment.

Step 3: Put a mini muffin of your choice in a separate compartment.

Step 4: Add a juice box in the long compartment.



Tuesday

Sweet Rice Balls

[WATCH RECIPE](#)

Step 1: Prepare cooked sushi rice in 4 bowls

Step 2: Create a salt, sugar, and rice vinegar mixture in a separate bowl

Step 3: Mix different amounts of beetroot powder with a tsp of rice vinegar in the 4 sushi rice bowls

Step 4: Mold the sushi rice mixture into balls

Step 5: Add the sweet sushi rice balls to the Grand Lunchbox. Also, add yogurt in a food jar, sliced strawberries in one compartment, and dried papaya with coconut chips in another



Wednesday

Thai-style Lunchbox idea

[WATCH RECIPE](#)

Step 1: Add Thai-style carrot noodles to the hot food jar

Step 2: Pre-cool the second Food Jar and add fruits

Step 3: Spread cream cheese and raspberry jam on wholegrain cookies

to make mini cookie sandwiches and add to the smallest compartment

Step 4: Skewer tofu with tomato or cucumber and fill the sauce container with ranch dressing and add to the Lunchbox



Thursday

Blueberry Pancakes & Avocado

[WATCH RECIPE](#)

Step 1: Mix 1 egg yolk, ½ tbsp oil, 15ml milk, ½ tbsp baking powder, and 3 tbsp flour in a bowl

Step 2: Add 1 tsp of blue spirulina and beaten egg whites

Step 3: Bake the mini pancakes in low heat on each side until cooked

Step 4: Add mini pancakes to one compartment and strawberries and blueberries to another compartment

Step 5: Add avocado with mini mozzarella balls and boiled eggs in one compartment, and cookies and white chocolate as an extra sweet treat



Friday

Spinach Gnocchi Lunchbox Idea

[WATCH RECIPE](#)

Step 1: Blend spinach with cream cheese

Step 2: Heat the mixture in a pan

Step 3: Add milk, grated cheese, salt, and pepper

Step 4: Add the cooked gnocchi (or pasta)

Step 5: Preheat the food jar with boiling water for 5 minutes. Serve with sliced fruit and cherry tomatoes (cut for kids under 3). Also, add yogurt and blueberries pre-chilled food jar for dessert



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Monday

Hidden Veggies Mac & Cheese

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Step 1: Add Thai-style carrot noodles to the hot food jar

Step 2: Fill the second food jar after pre-cooling with fruit salad

Step 3: Spread cream cheese and raspberry jam on wholegrain cookies

to make mini cookie sandwiches. Add 1 or 2 in smallest compartment

Step 4: Skewer tofu with tomato or cucumber. Fill sauce container with ranch dressing. Add skewers & sauce container in longer compartment



Tuesday

Salmon Poke Bowl

[WATCH RECIPE](#)

Step 1: Chop 1 cucumber, some radishes, 1/2 mango, 1/4 red cabbage and 1 grated carrot

Step 2: Mix 1 tbsp soy sauce, 1/2 tbsp rice vinegar, 1 tsp brown sugar, 1/2 tsp hot paprika and 1/2 tsp ginger powder to make a sauce

Step 3: Marinate salmon in the sauce

Step 4: Chill the food jar with ice & water for 5 minutes

Step 5: Combine brown rice, halloumi, the prepared vegetables & salmon in the jar and top with cilantro & sesame seeds



Wednesday

Carrot Pasta

[WATCH RECIPE](#)

Step 1: Boil sliced carrots and mash them with a fork

Step 2: Add 1 cup flour, an egg yolk, 1/4 cup grated cheese and salt to the mashed carrots and mix until a dough is formed

Step 3: Roll out the dough with your

hands and cut it into small pieces before boiling until cooked

Step 4: Preheat food jar for 5 mins, then add the boiled pasta on one side with a green parsley garnish

Step 5: Add freshly cut cucumbers to the other side of the food jar



Thursday

Sweet & Sour Crispy Tofu

[WATCH RECIPE](#)

Step 1: Cut tofu in cubes. Marinate with 1 tbsp corn flour, 1 tsp smoked sweet paprika. Transfer to the pan, drizzle with oil and bake for 20 mins in 220C.

Step 2: Make sauce in a pan with 2 tbsp soy sauce, 1 tbsp honey, 1 tbsp

rice vinegar and 1 tbsp ketchup. Add tofu to the sauce.

Step 3: Pre-heat the food jar with hot water for 5 mins and drain.

Step 4: Add boiled rice, steamed broccoli and crispy tofu to the food jar. Finish by sprinkling sesame seeds



Friday

Fresh Vegetable Spring Rolls

[WATCH RECIPE](#)

Step 1: Prepare thin rice noodles, cut veggies of your choice into thin strips and wash some greens

Step 2: Soak each rice wrap paper in cold water for few seconds

Step 3: Add your veggies, thin noodles,

and roasted sesame seeds to the rice paper and wrap gently

Step 4: Chill your food jar by adding ice and cold water for 5 minutes before adding spring rolls