

QUICK AND HEALTHY SNACKS

(The recipes with * are in my cook book)

<http://www.mimfit.net/product/the-complete-cookbook/>

Have these on hand in your fridge for quick meals and snacks if necessary:

- Roast Chicken
- Boiled Eggs
- Washed Salad Veggies
- Sliced Veggies
- Beef Jerky
- Nuts and Seeds (not cashews or peanuts)
- Fresh Berries
- Soft Cheese (Gouda/Edam/Mozzarella etc.)
- Bone Broth
- Pork Crackle

KIDS LUNCHBOX and SNACK IDEAS

- *Breadless Bread
- Cucumber, celery, carrot, capsicum sticks
- Full Fat Pot Set Natural Greek Yoghurt (with no milk solids) and blueberries/strawberries
- Boiled Eggs
- Beef Jerky
- *Orange Cake
- *Beetroot Cake
- Pepitas, Sunflower Seeds (and nuts if allowed)
- Sausages and Salad
- Cheese
- Fritters
- *Sweet Potato Quiche
- Rissoles

- Chicken Salad
- Roast Vegetable Salad with Bacon
- *Ham and Pineapple Dip with Mixed Seed Crackers
- Fresh Cucumber dipped in yoghurt
- Banana, Orange or Chocolate Muffins/Cake with Butter or Cream
- Cherry Tomatoes
- Berries
- Strawberries and Cream (my daughter has this in her lunch box - Although she has her cream mixed with Greek yoghurt)
- Sweet Potato Chips/Crisps
- Hot Sweet Potato Chips (cooked in healthy oil!)
- Hot Potato Chips (cooked in healthy oil!)
- Sausages with cheese
- *Grain Free Fluffy Bread Rolls with Roast Chicken, Cheese and Avocado
- *Bread-free Grilled Cheese Sandwiches
- *Chia Sesame Crackers
- *Chocolate Covered Protein Bars
- *Cheesy Pineapple Balls
- *Cheese Chips
- *Trail Mix