

Spur[®]

Back to School Lunchbox Planner

Secrets of an A+ Lunchbox

Try to tick off each of these key components for a delicious and balanced packed lunchbox:

- Starchy carbs (wholegrain if possible) for energy: bread, rolls, wraps, pita, pasta or rice
- Protein to keep them full: legumes & pulses, nuts, meat or fish
- Fresh fruit and veggies
- Calcium-rich foods for healthy bones: sesame seeds, almonds, blackberries, cheese or yogurt

Monday

Tuesday

Wednesday

Thursday

Friday

Morning snack

Lunch

Afternoon snack



Get inspired with delicious recipes using Spur's famous sauces and spices www.spursauces.co.za

