

Weekly Lunchbox & Snack Planner

Monday

LUNCH		(P)	(C)	(FV)	(FV)		
SNACK	(P)	(C)	(FV)	SNACK	(P)	(C)	(FV)

THE MEAL SYSTEM

Balanced meals have a protein (with fat), carbohydrates, and fruits and vegetables.

P PROTEIN + **C** CARB + **FV** FRUIT/VEGGIE

NEED LUNCH IDEAS?

Whether you have a picky eater or an adventurous toddler, we've rounded up healthy lunches and tips to help you with lunchtime.

Check them out at: kidseatincolor.com/lunch-guide

Tuesday

LUNCH		(P)	(C)	(FV)	(FV)		
SNACK	(P)	(C)	(FV)	SNACK	(P)	(C)	(FV)

Wednesday

LUNCH		(P)	(C)	(FV)	(FV)		
SNACK	(P)	(C)	(FV)	SNACK	(P)	(C)	(FV)

Thursday

LUNCH		(P)	(C)	(FV)	(FV)		
SNACK	(P)	(C)	(FV)	SNACK	(P)	(C)	(FV)

Friday

LUNCH		(P)	(C)	(FV)	(FV)		
SNACK	(P)	(C)	(FV)	SNACK	(P)	(C)	(FV)

TIP: Check off the formula as you plan! (P) (C) (FV) ✓

Created by experts, Kids Eat in Color helps families feed their children from their first bite of solid food through picky eating and elementary-aged nutrition needs.



KidsEatInColor.com

Out of ideas for feeding your family from weeknight dinners, to snacks, to lunches?

The school bundle gives you lunch and snack ideas for your child ages 1+. Plus, we know how hard it is on your brain to plan meals day in and day out. The bundle comes with the Real Easy Weekdays meal planning system that helps you feed your family variety with less stress on weeknights.



[See The Bundle](#)

“ Hi, just wanted to let you know I've been following you for about a year and have been on the fence on buying your recipe books. But today I decided to pull the trigger and bought the bundle. Just looked through them and it's fantastic. So happy I made the decision to spend the money. It is so worth it. Thank you for creating this. ”