



**PlanetBox**<sup>®</sup>

Back-to-school

# MEAL PLAN

picky eaters

5 days of recipes to  
kick off your school  
lunch routine!





Life is more  
**COLORFUL**  
with a well-  
packed lunch!

To help you get back into the school day routine, we've compiled a week's worth of meals for picky eaters and a handy shopping list for your use and inspiration.

**Happy lunching!**

# STOCK UP!

## Picky eaters shopping list

Meal prepping is best when the fridge is stocked and the pantry fully loaded! Use this list to help plan out your weekly grocery shopping.



### PROTEIN

- Hummus
- ¼ pound salami slices
- ¼ pound ham slices

### PANTRY

- 1 box wheel pasta
- Sunflower butter
- Oats
- Cocoa powder
- White chocolate bar
- 1 jar olives
- Colored sprinkles

### DAIRY

- Cheese dip
- 1 block cheese
- 1 container yogurt
- 1 pint milk

### CONDIMENTS

- Mayonnaise
- Ranch dressing
- Vanilla

### MISC

- 1 box frozen waffles
- 1 pack tater tots
- Edible eyes
- Skewer sticks

### PRODUCE

- 1 cucumber
- 1 orange bell pepper
- 2 baskets grape tomatoes
- 1 carrot
- 1 pack sprouts
- 1 banana
- 1 basket raspberries
- 1 basket blueberries
- 1 basket strawberries
- 2 mandarins
- 2 oranges
- 1 pear

### SNACKS

- Pretzels
- Crackers
- Sweet potato chips
- Protein bites
- Chocolate chips
- Gummies
- Dried apricots

### BAKERY

- 1 package tortillas





Protein bites

Strawberries  
& nut butter

Sweet potato  
chips

Waffle  
sandwich

# Waffle Sandwich

A better breakfast for lunch. Give them savory and sweet with this fun, kid-friendly meal!

## INGREDIENTS:

2 frozen waffles, thawed  
2 slices ham  
2 slices cheese  
¼ cup spinach

## INSTRUCTIONS:

Place waffle on flat surface and top with one slice ham and one slice cheese. Add spinach, ham, cheese, and top with second waffle.  
Toast in toaster oven on low for 2 minutes.  
Optional: Use a cookie cutter to cut into a fun shape!





Dipped confetti  
mandarin slices

Rainbow  
pasta

# Rainbow Pasta

Get the kids excited for lunch with bright colors and playful shapes in this tasty pasta dish!

## INGREDIENTS:

½ cup wheel or bowtie pasta  
¼ cup chopped carrot  
¼ cup chopped cheese  
¼ cup chopped tomato  
Ranch dressing

## INSTRUCTIONS:

Cook pasta according to package directions. Drain. Toss ingredients together in a mixing bowl. Dress lightly with ranch dressing, fill additional dipper with ranch to be used when eaten.





# Kids-cuterie

A smörgåsbord of yum! This recipe has everything a picky eater could want in lunch.

## INGREDIENTS:

Carrot	Optional: Hummus,
Grape tomato	olives, sliced meats
Cheese cubes	
Crackers	
Berries	
Nuts	

## INSTRUCTIONS:

Prep ingredients. Arrange cheese cubes, berries, and tomatoes in main compartment. Fill remaining compartments to your liking with various finger foods like crackers, veggie sticks, and dried fruit.





# Cookie Dough Oats

Sweet and good to eat, oats are packed with protein and will keep kids full for hours.

## INGREDIENTS:

½ cup oats  
¼ cup yogurt  
¼ cup milk  
¼ tsp vanilla (optional)  
1 tbsp chocolate chips

## INSTRUCTIONS:

Combine ingredients in a bowl and mix together.  
Pour ingredients into Big Dipper.  
Refrigerate overnight and pack in the morning.





# Choco-sunflower Roll ups

Strawberries & nut butter come together perfectly in this finger-licking snack.

## INGREDIENTS:

- 4 tbsp sunflower butter
- 2 tsp cocoa powder
- 2 flour tortillas
- 4 strawberries

## INSTRUCTIONS:

- Mix sunflower butter with cocoa powder.
- Spread choco-sunflower mixture onto tortilla and roll. Cut into finger-friendly slices.
- Arrange on a skewer with strawberries.



# EXPLORE MORE RECIPES!



On our blog, we feature recipes, packing tips, eco-friendly hacks and more.

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