



PlanetBox®

LUNCH

PLANNERS

Plan weekly lunches with Rover lunchbox

# W E L C O M E

We created this guide to simplify your lunch routine. By planning out your shopping list and using the outline to mix and match mains and sides throughout the week, you'll find your mornings become a breeze and your meals nutritionally balanced.

As the school year goes by, try introducing new ingredients, exploring seasonal produce, and encouraging your kids to follow along!

## Here's what's inside:



A weekly lunchbox outline to help you plan out your lunches.



A shopping list template to help organize your grocery list.



Three nutritious lunch ideas to help jump start your packing!

# WEEKLY LUNCH OUTLINE

Week of: \_\_\_\_\_

Use this outline to help you plan out a balanced meal for each day of the week.

## MONDAY

A meal planning template for Monday consisting of five empty rounded rectangular boxes. One box is tall and narrow on the left. To its right are two smaller boxes, one above the other. Below the tall box is another tall, narrow box. To the right of these is a large square box.

Protein: \_\_\_\_\_

Veggie: \_\_\_\_\_

Fruit: \_\_\_\_\_

Dairy: \_\_\_\_\_

Grain: \_\_\_\_\_

Treat: \_\_\_\_\_

## TUESDAY

A meal planning template for Tuesday consisting of five empty rounded rectangular boxes. One box is tall and narrow on the left. To its right are two smaller boxes, one above the other. Below the tall box is another tall, narrow box. To the right of these is a large square box.

Protein: \_\_\_\_\_

Veggie: \_\_\_\_\_

Fruit: \_\_\_\_\_

Dairy: \_\_\_\_\_

Grain: \_\_\_\_\_

Treat: \_\_\_\_\_

## WEDNESDAY

A meal planning template for Wednesday consisting of five empty rounded rectangular boxes. One box is tall and narrow on the left. To its right are two smaller boxes, one above the other. Below the tall box is another tall, narrow box. To the right of these is a large square box.

Protein: \_\_\_\_\_

Veggie: \_\_\_\_\_

Fruit: \_\_\_\_\_

Dairy: \_\_\_\_\_

Grain: \_\_\_\_\_

Treat: \_\_\_\_\_

## THURSDAY

A meal planning template for Thursday consisting of five empty rounded rectangular boxes. One box is tall and narrow on the left. To its right are two smaller boxes, one above the other. Below the tall box is another tall, narrow box. To the right of these is a large square box.

Protein: \_\_\_\_\_

Veggie: \_\_\_\_\_

Fruit: \_\_\_\_\_

Dairy: \_\_\_\_\_

Grain: \_\_\_\_\_

Treat: \_\_\_\_\_

## FRIDAY

A meal planning template for Friday consisting of five empty rounded rectangular boxes. One box is tall and narrow on the left. To its right are two smaller boxes, one above the other. Below the tall box is another tall, narrow box. To the right of these is a large square box.

Protein: \_\_\_\_\_

Veggie: \_\_\_\_\_

Fruit: \_\_\_\_\_

Dairy: \_\_\_\_\_

Grain: \_\_\_\_\_

Treat: \_\_\_\_\_

## NOTES:

A section for notes with ten horizontal lines for writing.

# GROCERY SHOPPING LIST

Week of: \_\_\_\_\_

## PRODUCE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DAIRY (or dairy substitutes)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEATS / FISH (or meatless proteins)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PANTRY / CANNED GOODS

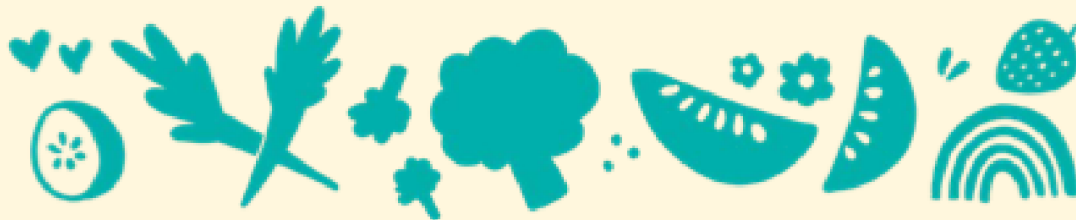
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## GRAINS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS / MISC

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## GET PACKING!

The planning is done, the fridge is stocked and now you're ready to pack a balanced lunch! Here are 3 tasty lunch ideas to inspire you for the weeks ahead:



# KID KABOBS

Use your favorite cold cut and cheese combo and add on some crunchy lettuce, peppers, or grape tomatoes.



**1 MAIN:**  
Turkey & cheese kabobs

**2 SIDE A:**  
Edamame pods

**3 SIDE B:**  
Mixed berries

**4 SIDE C:**  
Dried fruit & cashews

**5 TREAT:**  
Yogurt pretzels

## NUTRITIONAL TIP:

A combination of protein & healthy fats keeps you full and boosts energy!

## PACKING TIPS:

- Blotting juicy fruits with a paper towel before packing helps prevent leaks and drips.
- Look for kid-safe kabob sticks at your local craft store, or cut a grilling stick down to size and sand the ends until smooth.

## SUBSTITUTION IDEAS:

No meat, no dairy? No problem. Sub the turkey and cheddar cheese bites for the following:

**Vegetarian:** Feta cubes, olives, and cucumbers

**Vegan:** Grilled pineapple, mushroom, and eggplant



Use **Pods** in your lunchbox to compartmentalize snacks!

# "SNEAKY" BROCCOLI GRILLED CHEESE

Grilled cheese is always a fan favorite, and we've found that it's a great way to subtly introduce a new veggie!



**1 MAIN:**  
Broccoli grilled cheese + marinara

**2 SIDE A:**  
Carrots & celery sticks

**3 SIDE B:**  
Peach slices

**4 SIDE C:**  
Cheese puffs

**5 TREAT:**  
Granola

## NUTRITIONAL TIP:

Add additional veggies, like bell pepper or tomato for an extra vitamin boost!



Keep your lunch extra cool with a **ColdKit** icepack!

## PACKING TIPS:

- Our bento compartments are great for portion control, so you can pack them just the right amount of their favorite snack (e.g. cheese puffs!)
- Use a cookie cutter on your sandwiches to up the silly factor!

## SUBSTITUTION IDEAS:

- For a gluten-free main, sub the bread slices for eggplant rounds, or get crafty with a lettuce wrap.
- Fruit tastes the best when it's in season! Check your local farm stand for juicy, in-season fruit.



# TURKEY ROLL-UPS

Turkey roll-ups are an easy go-to, and can be adjusted for any diet restrictions! Add crunchy veggies and a zesty sauce for extra flavor.



## 1 MAIN:

Turkey, lettuce & tomato roll-ups

## 2 SIDE A:

Bell peppers & ranch

## 3 SIDE B:

Fruit & veggie medley

## 4 SIDE C:

Apple slices with cinnamon

## 5 TREAT:

Chocolate chunks

### NUTRITIONAL TIP:

Berries are low in sugar, but high in fiber, vitamin C and antioxidants.



Don't forget to stay hydrated with a **water bottle!**

### PACKING TIPS:

- Soak apples and pears in lemon water or sprinkle with cinnamon to keep from turning brown.
- Get creative with the treat spot! Chocolate pieces, a note from mom, an edible flower, anything that will brighten their day.

### SUBSTITUTION IDEAS:

- Roll-ups allow for endless variety! For added nutrition, opt for a spinach or whole wheat tortilla.
- Feeling ambitious? Swap store-bought dressing for a homemade dip, like hummus or pesto.