

PROTEIN POWER!

Animal-Based Sources

- Deli meats; ham, salami, pastrami etc in sandwiches, wraps, pasta, muffins, savoury scones, quiche or on skewers
- Chicken drumsticks
- Poached or left-over roast chicken. In salads, pasta, sandwiches
- Egg roll-ups
- Hard-boiled eggs. As is, or shaped. In sandwiches, or salad
- Eggs baked in quiche, or in bacon or bread cups (in muffin tins)
- Left-over burger patties, meatballs or sausages
- Beef jerky
- Tuna or salmon. In sushi, sandwiches or pasta
- Babybel cheese
- Puff pastry pinwheels, scones or pita bread pizzas with grated cheese & ham
- Cottage cheese. In sandwiches, dip, or mini spanakopita (filo parcels with cottage cheese & spinach)
- Yoghurt
- Cream cheese. In bagels or dip
- Smoothies with milk and/or yoghurt (freeze in Kai Carriers to keep the lunchbox cool!)
- Prawns. On skewers or in salad or noodles

Plant-Based Sources

- Seeds; pumpkin, flax, chia, hemp, sunflower, sesame. Sprinkle on salads or include in smoothies, bliss balls or muffins. Chia seed pudding.
- Nuts (if allowed at school); almonds, pistachios, cashews, hazlenuts, pecans, macadamia nuts
- Peanut butter (if allowed). In sandwiches, on apple slices, or as a dip
- Chickpeas. In salads & sandwiches, or roasted, in hummus, & falafels
- Lentil salad
- Nutritional yeast. Sprinkle on salads or incorporate in dips
- Kidney beans. In salads, vege nacho mix, burger patties, or mini pies/empanadas
- Quinoa salad
- Oats. In baking, bliss balls, or bircher muesli
- Soy beans, edamame beans, tofu
- Protein powder. In smoothies or bliss balls
- Whole wheat bread
- Spinach, kale, broccoli. In salads, wraps, rice paper rolls, or as kale chips

