



Healthy lunchbox ideas

Brilliant minds and healthy bodies start at home



Healthy lunch box principles

Nutrition is key! Focus on micro-nutrients: vitamins and minerals, phyto nutrients, fibre, etc. The more unprocessed and natural food is, the better and healthier. Always ask yourself: “What is the best choice I can make in this situation?”

- ✓ Start the day with a healthy, nutrition breakfast such as steel-cut oats, a fresh smoothie or freshly pressed juice.
- ✓ Keep their brains hydrated with pure water. Freeze half a bottle the night before and fill it up in the morning with filtered water. It will keep cool for the most of the day.
- ✓ Pack easily digestible foods such as veggies and fresh fruit in the lunch boxes. Seeded crackers with nut-butters can also be a healthy snack.
- ✓ Bake your own healthy muffins without sugar or flour for the lunchpack. One is enough.
- ✓ Frozen iced tea, smoothies or freshly pressed juices are fantastic for hot summer days. By 11h00 it is a lovely slush refreshment.
- ✓ Cut the sugars and low-nutrient foods. It should be used as treats only. Sweets or processed foods should not be consumed during schooltime.

What you invest in your child in terms of their health will show in their brain development, school results, behaviour and adult health.





Group 1: Veggies

- Sugar snap peas
- Green beans
- Carrot sticks
- Cucumber circles
- Baby tomatoes
- Beginners juice or sunshine smoothie (frozen)

Group 2: Fruit

- Grapes (10)
- Strawberries / blueberries
- Pineapple slices
- Banana, apple or pear
- Fresh fruit in season

Group 3: Drinks

- Water. At least 1 litre of filtered water. Freeze overnight to stay cold during the day.
- Iced tea made with 1 litre rooibos (4 tea bags) and 1 litre of Ceres Apple Juice. Pour into 250 ml bottles and freeze.
- Smoothie or freshly prezzed juice (250 ml)



Group 4: Starches or grains

- Sweet corn
- Small cooked baby potatoes with avo-mayo dip
- Seed crackers with nut butter
- Small wrap with fresh salad and veggies
- 1 slice low GI bread with peanut butter
- 1 quick and easy bran muffin (see recipe)

Group 5: Treats

- Popcorn
- Raw nuts (20g)
- Dried fruit without added sugar (30g)
- 2 raw date chocolate balls
- 1 Gluten-free, sugar free brownie

The health benefits of oats

Steel-cut oats, also called Irish oats, are the best-tasting type of oatmeal. While regular oatmeal, quick oatmeal and instant oatmeal are made by flattening whole oats, steel-cut oats are made by chopping whole oats into smaller chunks with a steel-cut blade. Steel-cut oats have a chewier texture and a nuttier flavor.

Nutrition - Because all types of plain oatmeal are made from whole oats, they have the same nutritional content. A 1-cup serving of steel-cut oats prepared with water contains 140 calories, along with 6 grams of protein and 25 grams of carbohydrates, including 4 grams of fiber. Oats are an excellent source of vitamin B-6, iron, thiamine, vitamin A, niacin, folate, riboflavin, phosphorus, calcium and magnesium and a good source of zinc.

Health benefits- It contains a type of soluble fiber called beta-gluten that may help lower your low-density lipoprotein, or bad cholesterol, without also lowering your high-density lipoprotein, or good cholesterol, according to a May 2008 article published in "Physiology & Behavior."

Best breakfast for brilliant minds - Oatmeal is low on the glycemic index, meaning that it doesn't cause large spikes in your blood sugar levels after you eat it. Steel-cut oats has the lowest glycemic index that makes it the ideal choice for children for improved concentration. Cover with water and simmer for 15 – 20 minutes. Avoid adding sugar, rather use 1 teaspoon of raw honey and a pinch of cinnamon. Add some fruit such as banana and blueberries for extra flavour. If you don't have time to wait for steel-cut oats to cook for 20 minutes in the morning, you can soak them overnight in water so they cook faster.





Cooked steelcut oats

- 30 - 60 ml raw steelcut oats
- Boiling water
- 50-100 ml coconut milk (optional)
- 15 – 30 ml peanut butter (optional)
- 2 ml cinnamon (optional)
- Himalayan salt (pinch)

For every 60 ml of raw oats, add 125 – 150 ml of boiling water. Let it simmer over low heat for 10 minutes. Add more water if it cooks dry. Take off from heat and stir peanut butter, coconut milk and cinnamon into the oats. Let it stand with the lid on the pot 10 minutes.

Serve with one or more of the following:

- Top with roasted coconut flakes or roasted almond flakes
- 1 date chopped into small bits or 5 ml honey
- 1 scoop of banana ice-cream of your choice or fresh banana cut up in pieces over the oats
- Handful (about 12) fresh or frozen blueberries
- 4 sliced fresh strawberries





Beginners juice

- 1 kg carrots (washed)
- 3 green apples (washed)
- 1 orange (peeled)
- 20g cm fresh ginger (optional)

Juice together.

- 6 ice cubes

Blend ice and juice in blender.

Child portion: 250ml – 350 ml

Adult portion: 350 ml – 400 ml

Sunshine smoothie

- 1 litre Beginners juice
- Pour into blender

- 1 pineapple (chopped, frozen)
- 125 ml coconut milk/water (optional)
- 1 frozen banana
- 6 ice cubes

Blend everything together. Freeze extra smoothies immediately.



Natural rooibos iced tea

- 1 liter rooibos tea (4 bags) cooled down
- 1 liter of freshly pressed apple juice (or 1 litre Ceres apple juice)*
- Ice cubes
- Few slices of lemon or frozen blueberries or mint or apple slices

Add all the ingredients together and serve chilled

* Note: This is a treat and you should not drink more than 1 glass per day. Dilute with more rooibos or ice if it is too sweet.



Quick and easy bran muffins

(A healthier version)



Makes 36 muffins

- 1 kg Snowflake Easy Mix bran muffin-mix
- 5 ml mixed spice
- 6 eggs
- 200 ml oil
- 600 ml milk

Mix eggs, milk and oil and then add muffin mix and spices. Mix thoroughly, but don't overmix.

- 4 large apples (depitted and grated)
- 1 large banana (mashed)
- 2 large carrots (grated)
- 2 small baby marrows (peeled and grated) – about 250 ml
- Sunflower seeds or raw oats for topping (optional)

Mix all ingredients together. Scoop dough into muffin pans.

Sprinkle oats or seeds on top of the muffins.

Bake for 18 min in 180 degrees C.

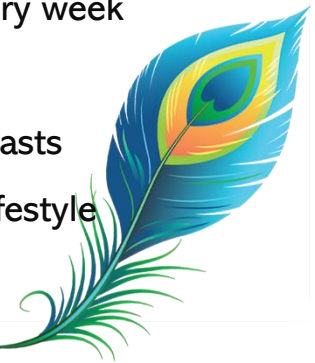
Enjoy!



6 Weeks to Food Freedom!

A practical 6-week lifestyle coaching program with the focus on nutrition and support to shift to healthier habits

- ✓ Personal interview to discuss your desired outcome, challenges, set your goals and design your food plan
- ✓ Well balanced personalised food plan that's easy to follow and proven to deliver excellent results.
- ✓ The daily nutrient journal and guidelines how to plan your meals
- ✓ Recipe book - more than 60 easy recipes – tried, tested and tasty!
- ✓ 6 online training and coaching sessions (1 hour each)
 - Every week a new topic on nutrition or lifestyle + practical plans to implement the new principles into your daily life
 - Tips and tricks how to prep and save time
 - Inspirational documents and videos every week
- ✓ Systems for sustainable success:
 - ✓ How to build new healthy habits that lasts
 - ✓ Maintenance plan to make a healthy lifestyle your new normal





How do you do?

- *Do you have enough energy and zest for life?*
- *Are you confident that your immune system is strong enough to handle a virus or winter disease?*
- *Are you satisfied with where you are right now?*

If not, connect with us

– we can help you rewrite your story.

Tell me more

**Your best year may be one
decision away!!**

www.light2live.com
084 705 4486 (Ilzé)
info@light2live.com

Rewrite your story

