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**BURRITOS**

**BAGEL PIZZA**

**NACHOS**

**SANDWICHES**

**MyPlantBasedFamily.com**

COOKIES  
MUFFINS  
CRACKERS  
DRIED FRUIT  
POP CORN

Apples  
Grapes  
Oranges  
Carrots  
Cucumbers

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For simplicity sake's pick 3 main things.

1. Main Dish, something that will fill you up.
2. A Fruit or Veggie, something easy to eat. You can even mix various things together.
3. A Treat. This doesn't have to be dessert but should be something your child likes.

If you child needs more to eat definitely add more food, a granola bar, fruit or veggie dip are more easy choices.

