

What shall I put in my lunchbox today?

1 item from
each circle

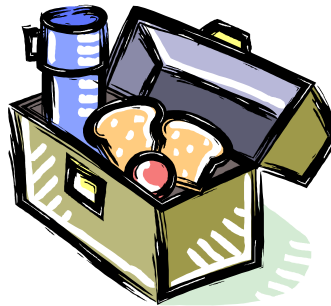
sandwich pasta rice
1.
Carbohydrates

carrots salad celery
2.
Vegetables

pitta bread rolls

peppers coleslaw

egg cheese
3.
Protein



water diluted juice
4.
Drink

ham tuna

water diluted juice

apple banana pear
5.
Fruit

fruit bun scone
6.
Treat

grapes orange

yoghurt iced cake

Eat healthily - Don't rock the scales