

Meals

On the Road

When building your lunchbox, aim for....

1/4 plate of wholegrain carbohydrates or starchy vegetables

- Opt for wholegrain options - bread, wraps, pasta, brown or black rice or other grains
- Steamed or baked potato or sweet potato



1/2 plate of vegetables

- Stir-fried vegetables
- Steamed vegetables
- Raw salad vegetables such as lettuce or coleslaw mixes

1/4 plate of protein

- Lean beef including mince
- Chicken
- Fish
- Tofu
- Legumes such as chickpeas, lentils, kidney beans