



Lunch-Time Tips

Beat lunchbox boredom & make lunch-time exciting with these ideas!



Super Sandwiches!

The lunch-box staple.

Use healthy bread to pack in more fibre for this filling lunch legend.

Time-Saver Tip: Grab a ready-made sandwich from Pick n Pay.



Crank Up the Calcium!

Yoghurt makes a healthy and tasty lunch-box addition.

Change up the flavours to keep things exciting.



Lovin' Low-Carb Bites!

Mini crustless quiches are a yummy protein-packed pastry option.



Swap out the Sandwich!

Beef sliders are a convenient ready-made lunch option to last you throughout the week.



Terrific Treat!

Coated pretzels are low-fat and a sweet surprise!



Snack Attack!

Salami sticks are an easy-to-eat, protein-packed snack!

