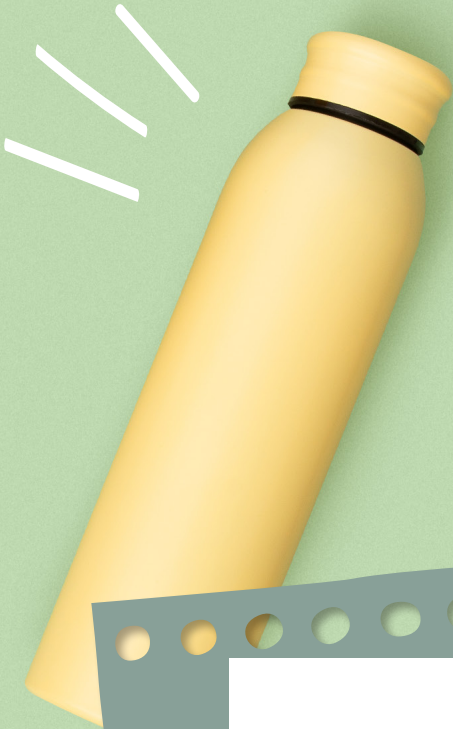


Juice PLUS+



healthy
STARTS
FOR FAMILIES

Easy Guide & Recipes

.....
for your perfect plant-based lunchbox





Make healthy eating fun!

One of the biggest trends this year is eating a plant-based diet*. That means eating mostly fruits, vegetables, nuts, or seeds and finding balance with other types of foods like meat, fish, and cheese. Not only is eating a plant-based diet beneficial for all humans, it is more sustainable for the planet!

For our lunchbox recipes, we focused on making it colorful and fresh. Be inspired!

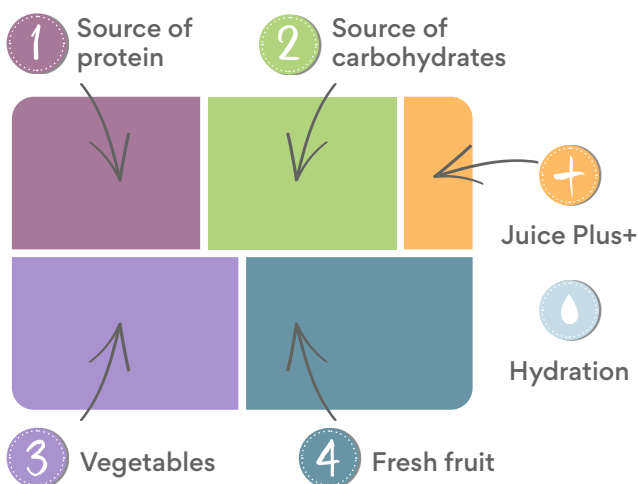


How to create a plant-based lunchbox.

Sandwiches with meats and cheeses are easy, so to make the lunch box more plant-based, we encourage you to fill half the box with sliced or chopped fresh fruits and vegetables. It's a win-win situation.

Let's keep it simple by planning visually for a balanced and nutritious lunchbox.

4 Food Sections:



*What is a plant-based diet?

Plant-based diets focus on eating mostly plants and finding flexibility with meat, fish, and dairy products. When compared to a vegan diet, a vegan would only eat plants and no meat, fish, dairy products, or honey. A vegetarian diet would eat mostly plants and include dairy products like cheese, milk, and yogurt.

Our goal here is to start adding in more fruits, vegetables, nuts, and seeds to your child's diet.

A plant-based diet can be 100% from plants. If that is your goal, feel free to swap out the protein sources to plant-based versions like tofu, beans, peas, lentils, or nut butters.

DON'T FORGET TO ADD IN HYDRATION AND JUICE PLUS+

- Water, infusions, juice or milk of your choice
- Juice Plus+ capsules or chewables

4 Tips to make sure your plant-based lunchbox gets eaten.

1. PACK ½ FRESH

Fill half the box with chopped or sliced fresh fruit and vegetables. Kids and teens are more likely to eat these when cut up into finger food sized pieces. Smaller pieces are easier for a younger child to swallow.

2. MAKE IT COLORFUL

The more colors, the more enticing it will be to eat. Make it insta-worthy. Rainbows get extra points

3. TEXTURE IS IMPORTANT

Have something crunchy, something creamy, something juicy.

4. NO FORCING, MORE EXPLORING

It takes at least 5-7 times for a child to develop the taste for something. So, don't force them... let them taste and, eventually, they will find the fruits and vegetables they love to eat.

Please Note:

- Portion sizes can be varied to suit the age and requirements of the individual child.
- In cases of allergies or special dietary requirements, parental expertise should be used, with support from your health care professional where needed.

In this booklet, you'll find 4 recipes to get you started!

Online, you can check out our blog for a free **Plant-based Lunchbox** chart to help mix and match different healthy food options to keep up the variety. In the blog, you will also learn:

- Which foods to add as a source of protein and carbs
- Which fruits and vegetables pack well in a lunchbox
- How to shop and food-prepare for week after week success

Juice PLUS+



IDEAL FOR
SMALL CHILDREN

Super
easy

Garden Fresh Lunch Box

Assembly makes life easy in the morning!

Ingredients

Protein Source:

- 1-2 hard boiled eggs

Carb Source:

- 1 small whole-grain pita bread
or whole-grain crackers

Vegetables:

- 3-4 cherry tomatoes, chopped
- 2-3 bite sized sweet peppers, chopped
- 4 cucumbers, chopped

Fruit:

- 10 grapes, cut in half

Juice Plus+:

- For children, 4 years old and older:
2 each of Juice Plus+ Fruit and
Vegetable Blend Chewables

Directions

- Boil your eggs, let them cool in a bit of cool water and peel them for easy eating.
- Assemble everything in the box.

Don't forget to pack Juice Plus+
and something to drink.

Please scale portions to the relevant age of the child.

healthy
STARTS
FOR FAMILIES



IDEAL FOR
TEENS

Super
easy

Mediterranean Lunch Box

The flavors of the Mediterranean in a lunch box for those who want more than just a sandwich.

Ingredients

Protein Source:

- Turkey slices
- Mozzarella cheese cubes*

Carb Source:

- 1 whole-grain wrap

Vegetables:

- ¼ red pepper, sliced
- Cucumber slices
- 4 olives (optional)

Fruit:

- 1 orange, peeled and sectioned

Juice Plus+:

- For children, 4 years old and older:
2 each of Juice Plus+ Fruit and Vegetable Blend Chewables
- For teens, 13 years old and older:
2 each of Juice Plus+ Fruit and Vegetable Blend Capsules

Directions

- Place the turkey slices and olives in the wrap.
- Wrap up and slice into mini-rolls.
- Prep your peppers and cucumbers by making slices that are easy to pick up by hand.
- Add cheese cubes or other non-dairy protein source to the box.
- Prep the orange as a dessert by peeling and separating into sections.

Don't forget to pack Juice Plus+
and something to drink.

*or other non-dairy protein source
Please scale portions to the relevant age of the child.



IDEAL FOR
TEENS

15
Minutes

Tuna Salad Lunch Box

The easiest lunch box that takes 15 minutes to prep.
Make one for yourself too with the leftover tuna!

Ingredients

Protein Source:

- Tuna, packed in water

Carb Source:

- 1-1/2 pieces whole-grain toast (or a wrap)

Vegetables:

- Celery, chopped
- Lettuce (a few leaves)
- Carrot sticks

Fruit:

- Apple slices

Dressing:

- Plain yogurt, or mashed avocado when avoiding dairy

Juice Plus+:

- For children, 4 years old and older:
2 each of Juice Plus+ Fruit and Vegetable Blend Chewables
- For teens, 13 years old and older:
2 each of Juice Plus+ Fruit and Vegetable Blend Capsules

Directions

Prep the Tuna Salad

- Squeeze out all the water from the tuna; gently mash to make smaller pieces in a bowl.
- Add in chopped celery.
- Add in avocado or plain yogurt to make the tuna a bit creamier.
- Toast your bread and cut into triangles or in half. As your child likes it, of course!
- Place a scoop of the tuna mixture, with the toast on the side (so the bread won't get soggy)
- Add in the carrot sticks and lettuce leaves.

Prep the Apple Slices

- You know your child best. Decide to peel or not to peel the apple.
- Cut into slices for easier eating.

Don't forget to pack Juice Plus+
and something to drink.

Please scale portions to the relevant age of the child.



IDEAL FOR
SMALL CHILDREN

Super
easy

Pizza Roll-Up Lunch Box

Who doesn't love pizza? Here we add in more fruits and vegetables to make this box more plant-based.

Ingredients

Protein source:

- Shredded Mozzarella*

Carb source :

- Corn tortilla or whole-grain wrap

Vegetables:

- 2 tablespoons of tomato sauce
- Mushroom, sliced
- Baby spinach leaves
- Carrot sticks

Fruit:

- 5 strawberries, chopped

Other topping ideas:

- You know how your child likes their pizza.
- Try pineapple, ham cubes, olive slices, an egg, sliced peppers, or onions.

Juice Plus+:

- For children, 4 years old and older:
2 each of Juice Plus+ Fruit and Vegetable Blend Chewables

Directions

Prep the wrap

- Spoon a couple of tablespoons of tomato sauce on the tortilla and spread around.
- Sprinkle with cheese.
- Top with thinly sliced mushroom.
- Salt and pepper to taste.
- Oregano is also nice, if they like it.
- Wrap up and slice into mini-rolls.

Prep the fruits and vegetables

- Prep the carrots by washing, cutting into sticks, and arranging in the box.
- Cut the strawberries in quarters and place them on a few baby spinach leaves in the box.

Don't forget to pack Juice Plus+ and something to drink

*Or other non-dairy protein source
Please scale portions to the relevant age of the child.