



HEALTHY LUNCHIES &

Snacks

RECIPE GUIDE



Healthy Recipes

Here are some great examples of healthy and easy to prepare recipes.

You can use them as ‘formula’ recipes by exchanging ingredients you (or your kids) don’t like for ones you do.

This should be fun so just mix it up as you see fit. I have divided them up into these 4 sections so you can choose depending on the mood in the household.

Liquid Snack
Lunch
Quick Snack
Sneaky Desserts

QUICK SNACKS



Do It Yourself Trail Mix

Your kids can even help prepare this one so it's full of their favourite nuts, seeds, and dried fruit. You can make this in bulk so it's always ready to go.

Here are some of the items you might include:

- Almonds
- Cashews
- Peanuts
- Pecans
- Sunflower seeds
- Pumpkin seeds
- Dried, unsweetened, unsulfured raisins
- Dried, unsweetened, unsulfured cherries
- Unsweetened banana chips
- Chopped dark chocolate

Spices: cinnamon, sea salt, nutmeg



Avocado Sandwich

Ingredients:

Organic, gluten-free bread
Guacamole
Tomato slices
Lettuce
Sprouts

Directions:

1. Spread guacamole on a slice of bread.
2. Stack tomato slices, lettuce, and sprouts on top.
3. Add a top slice of bread.





BANANA NUT BUTTER BITES

Ingredients

2 bananas
¼ cup peanut butter or almond butter
2 tortillas

Directions:

1. Spread peanut or almond butter on tortilla.
2. Place banana near the edge of the tortilla and roll it up.
3. Slice into ½ inch pieces.

If you have a super fussy little one, ask them if they prefer sliced bread or a wrap so that they are involved in choosing what they want even though you are giving them a healthy snack. They will never know!



BBQ Chickpeas

Instructions



Ingredients

1-15oz can chickpeas, drained and rinsed
1-2 tbsp melted coconut oil
2 tbsp bbq rub seasoning

BBQ Rub

Seasoning Ingredients

2 tbsp paprika
2 tbsp brown sugar
1 tbsp dry mustard
1 tbsp chili powder
1 tbsp onion powder
2 tbsp garlic powder
2 tbsp salt
1 tbsp cumin
1 tbsp black pepper

- Preheat the oven to 400. Spread chickpeas out on a paper towel or dish towel to pat dry. Peel skins off chickpeas.
- There's no easy way to do this but it only takes about 10 minutes to do one can. Once peeled, spread out on a baking sheet and cook for 10 minutes.
- Stir chickpeas with a spoon or spatula once to keep them from sticking.
- Once cooked, pour chickpeas into a bowl then drizzle melted coconut oil over them. Mix well until all are coated.
- Then sprinkle the rub on chickpeas and toss again until thoroughly covered.
- Put chickpeas back on the baking sheet and cook for 12 minutes, again, stirring halfway through to make sure they aren't sticking.
- Turn off oven, open oven door part way, and leave chickpeas on baking sheet in oven for 10 additional minutes.

Notes

Serve with lemon potato salad for a delicious lunch menu option.

You can make different versions of these by simply replacing the seasonings.

For Asian inspired chickpeas, use sesame oil and coconut aminos. Serve with a cucumber salad.

For Italian inspired chickpeas, use olive oil and Italian seasoning. Serve with a great salad including red onion, pepperoncinis, black olive, tomatoes, and vinaigrette.



Green Pancakes



Nutrition per serving:

398 kcal
4g Fats
86g Carbs
7g Protein



Serves: 4

Prep: 15 mins

Cook: 30 mins



Ingredients

1 $\frac{3}{4}$ cups (435ml) almond milk
1 egg
1 ripe banana, coarsely chopped
3 oz. (85g) spinach
2 cups (300g) self-rising flour or coconut flour
 $\frac{1}{4}$ cup (55g) coconut sugar
 $\frac{1}{4}$ tsp. baking soda
2 tbsp. coconut oil, melted
 $\frac{1}{2}$ cup (140g) coconut yogurt, to serve
1 cup seasonal fruit, to serve

Instructions

Place the milk, egg, banana and spinach into a blender and blitz until smooth. (THEY WILL NEVER KNOW!)

Combine the flour, sugar and baking soda in a large bowl.

Make a well in the centre, and add the smoothie mixture.

Whisk until well combined and a smooth batter has formed. Cover and set aside for 30 minutes to rest.

Heat a large non-stick frying pan over medium-low heat and brush it with a little coconut oil. Pour $\frac{1}{4}$ cup (60ml) of the batter into the pan, and cook for 1-2 minutes or until bubbles appear on the surface. Then flip the pancake and cook for a further 1 minute on the other side, or until lightly coloured. Repeat this process with the remaining batter to make 16 pancakes.

Divide the pancakes among the serving plates (4 per serving).

Top with yogurt and fruit to serve.

Sweet Potato Toast

Ingredients

- 1 large sweet potato
- 4 tbsp. nut butter of choice
- 1 ½ cups (285g) chopped berries of choice
- 1 tsp. of honey for drizzle (optional)

Instructions

Cut the sweet potato into 4 slices, roughly 5cm thick. Use a large kitchen knife to do this, you want each slice of sweet potato for “bread slices”.

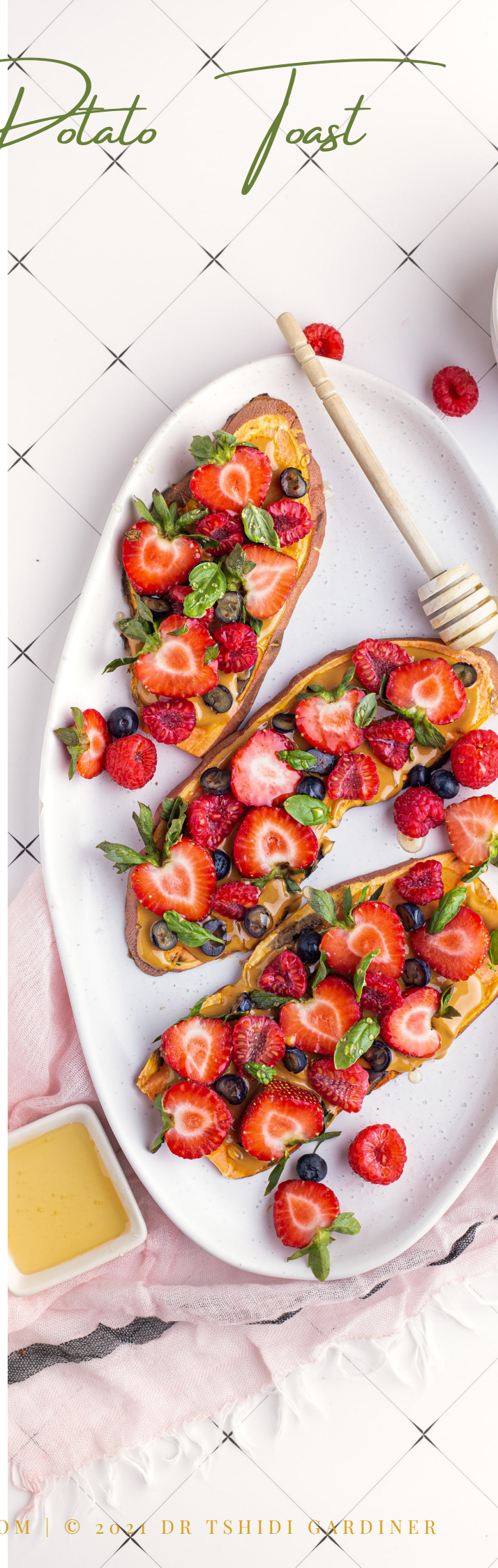
Place the sliced potatoes into the toaster and cook on the longest setting. This will take approximately 6 minutes. The sweet potato is done when the edges are golden brown and the middle still has a bit of crunch.

While the sweet potatoes are cooking, cut up the berries, strawberries, blueberries, blackberries, or raspberries are a great choice.

Once the sweet potatoes have cooked, spread each slice with 1 tablespoon of nut butter and topped with berries. Add a little drizzle of honey and serve immediately.

Notes

You can make this any flavour you like. For example, replace nut butter with almond or cashew butter and add a pinch of cinnamon.





Dr. Tshidi Gardiner
Mindset Mentor & Wellness Coach

MEET YOUR COACH

Dr Tshidi Gardiner, Founder & CEO of Gardiner Coaching. After being in first opinion veterinary practice for 18 years, she now also a Mindset Mentor & Nutrition Wellness Coach to Professionals.

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ABOUT ME

Tshidi is a Life Coach who specialises in Mindset Mentorship & Wellness Coaching for Veterinary & Medical Professionals. She qualified 18 years ago as a Veterinary Surgeon and a proud Mum of Two boys. She has a special relationship with food (don't we all?) so is also a trained Nutrition Coach.

*"My mission and obsession is to help and inspire strong women like you to create a life of freedom by finally finding your voice, successfully deal with any stress & stressors so you can start living your true purpose by sharing your wisdom with the world in a healthy & balanced way. My hope is that you get great information on how to **Upgrade Your Plate** the best way possible."*

She currently lives in Devon, United Kingdom with her charming Irish husband, Glen, active 9 year old son, Tristan & friendly 11 year old son, Spencer plus their adorable rescue dog, Kodi with all of them answerable to 'Flash Gordon', the cat in-charge!

Read the rest of her story at [gardinernutritioncoaching.com/about](https://www.gardinernutritioncoaching.com/about)



**Freedom means the
opportunity to be what
we never thought we
would be.**

DANIEL J. BOORSTIN

Upgrade Your Plate