

A top-down view of a healthy meal prep setup on a light grey surface. In the top left is a clear plastic water bottle. To its right is a green container with grilled chicken strips, quinoa, and a lemon slice. Below that is another green container with a salad of shredded carrots, purple onions, and sliced avocado, topped with a cherry tomato. In the bottom left are two ripe yellow bananas. To their right is a white bowl with sliced green apples, blueberries, and a small clear container of almonds. Further right are some dates and a few more blueberries. At the bottom are two wooden utensils, a knife and a fork. The entire scene is framed by a semi-transparent white rectangle containing text.

*Jennie Kroll Wellness*

**FOOLPROOF  
BACK TO SCHOOL  
LUNCH GUIDE**

*fit & healthy  
with*  
JENNIE KROLL



**Typically, back to school time can bring on a lot of stress, anxiety, and feelings of being overwhelmed. Add in planning school lunch for your kiddos. And you might be ready to pull your hair out before school even starts.**

**I am here to tell you - take a deep breath - relax - and don't worry!**

**I made this foolproof lunch guide JUST FOR YOU! Enjoy 5 easy to make lunches that are well balanced, nutritious, and tasty!**



**I have even included some fun tips for you to freestyle and my go to formula for building a perfect meal every time!**

**Don't overthink or over complicate it! Make it fun!**

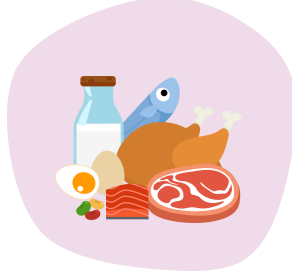
**Happy Back to School!**

*Jennie*



# PERFECT PLATE EVERYTIME

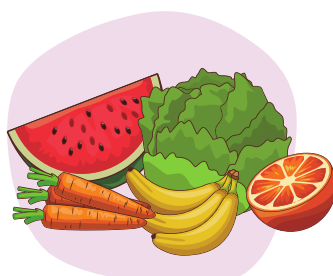
This is my go to formula I use every time I make a meal. Breaking down the plate into mini categories makes it much easier and less overwhelming to create a new meal!



BUILD ALL MEALS AROUND PROTEIN



COMPLEX CARBS



FRUITS & VEGGIES



GOOD FATS

Making sure you have something from every category allows you and your family to stay full, satisfied, energized, and curbs cravings!



# LUNCH INSPO #1



## THAI PEANUT CHICKEN SLAW

Shred 1 cup rotisserie chicken and set aside. In a bowl mix together 1/4 cup Primal Kitchen sesame ginger dressing and 1/4 cup Primal Kitchen Island Teriyaki marinade, 1 frozen garlic pod, 2 tbsp lite coconut milk (from can), 1 tbsp no sugar added peanut butter. Pour over shredded chicken and add 1 cup broccoli slaw. You have a perfect blend of protein, good fat, and a sneaky way to add in veggies!

## STICKY PINEAPPLE RICE

Purchase the frozen bags of precooked rice from Trader Joes. Cook for 3 minutes in microwave when ready to eat and add in chopped fresh pineapple!

## PRECOOKED AND SHELLLED EDAMAME


## FRESH RASPBERRIES

Did you know 1 cup of fresh raspberries packs 8 grams of fiber! I make sure myself and my kids have at least 1 serving a day to easily hit our daily fiber goal of 25 grams!

## SIMPLE MILLS CHOCOLATE CHIP COOKIES

I love this brand! They use anti inflammatory ingredients!





**Lunch containers like these are my absolute favorite! You can find them on Amazon. It makes packing your lunches a breeze. I use them for me and my kids! The small compartments allow for creating a perfectly balanced meal every time!**



# LUNCH INSPO #2

**If you know me, you know my LOVE for egglife wraps is the real deal! I promise once you start using them, you will easily fall in love with them too! You can do so much with them! Some of my favorites include: roasting as chips, slicing as noodles for pasta and in soup, wrap for a sandwich, layering for lasagna, and so much more!**

**I absolutely LOVE the sweet cinnamon flavor to use for an untraditional sushi roll up! This is such an easy lunch to pack!**

**Take 1 sweet cinnamon egglife wrap , spread no sugar added peanut butter all around and slice a banana in half lengthwise. Place in the middle and roll up. Slice like sushi!**





# Jennie's

## TOP TIPS FOR SCHOOL LUNCHES

- **Know your kids likes and dislikes - feed off of that! If you know your child will NEVER eat certain foods - don't pack it! This will only lead to you getting frustrated and upset for wasting time, money, and energy!**
- **Make lunches fun! Use cookie cutters to shape sandwiches! Use ingredients that have lots of color and are appetizing!**
- **Pack one special treat or surprise that you know will make their day!**
- **Include them! Have them help you prep the lunches for the week, and build a menu together!**



# LUNCH INSPO #3

## CREATE A PARFAIT!

**This may be my daughter's favorite lunch of all time! We have this in the rotation at least once a week. She loves creating a new parfait every time.**

**Pack a container with yogurt. Add multiple containers with different toppings to add once it's time to enjoy. This prevents anything from getting soggy!**

**A perfect balance included yogurt (protein), fruit (fiber), granola or cereal (complex carb), shredded unsweetened coconut or nuts or chia seeds (good fat)**





**Do you see what a difference using cookie cutter makes! It takes a boring turkey sandwich from average to so fun and cute! It easily becomes the talk of the lunch table making everyone envious of your child's lunch!**





# LUNCH INSPO #4



## BUFFALO CHICKEN SALAD

Shred 1 cup rotisserie chicken and set aside. Add in chopped celery for a nice crunch and sneaky veggie addition. Pour in Primal Kitchen Buffalo sauce. Start with a minimal amount - some kids find it spicy.

## SIMPLE MILLS CRACKERS

Again, LOVE this brand for their amazing ingredients. A great complex carb that can be used to dip into the Buffalo chicken salad.

## SLICED APPLE

## SLICED FRESH VEGGIES

Use what you have that you know your kids will eat. I used a blend of cucumber, bell peppers, and celery.

## SIETE MEXICAN COOKIES

This is another great brand known for anti inflammatory ingredients!



# Jennie's

## TIME SAVING TIPS

- **Prep as much as you can early in the week.**
- **Set your menu and stick to it!**
- **Pack as many meals as you can over the weekend or early in the week.**
- **Empower your elementary aged kids and encourage them to help empty out lunch box and clean up at the end of the day!**
- **Stick a little note in their lunch box wishing them an amazing day!**



# LUNCH INSPO #5

## TURKEY WRAP

I love the Siete Casava wraps that can be found in the freezer section. Thaw it out. Line with uncured deli turkey. We love the Applegate Farms brand. Add some lettuce, Bolthouse Farms Ranch dressing, thinly sliced cucumber, and tomato. Roll it up and slice in half.

## 88 ACRES GRANOLA BAR

Great gluten free granola bar option!

## CHERRY TOMATOES

## FRESH BERRIES & SUNFLOWER SEEDS

Use silicone muffin tin holders to keep the sunflower seeds in place.

## SIMPLE MILLS CRACKERS

I love this brand! They use anti inflammatory ingredients!





# Hungry For More?



**I hope you found this guide to be helpful! My goal is always to take the stress and overwhelm out of meal planning and prepping!**

**If meal planning and prepping is ALWAYS a pain point for you, please reach out for a free consultation!**

**I help moms figure out a meal plan that works for them and their family so they are not always making 5 different meals! I build plans for the entire family to enjoy which maximizes your time in the kitchen - leaving you with more time to enjoy doing what you love to do with your family!**

**Make sure to follow me on instagram [fitandhealthy.jennie](https://www.instagram.com/fitandhealthy.jennie) for more healthy recipes, tips, & tricks!**