

"Ayurved-ish" LUNCH IDEAS



These recipes are not perfectly Ayurvedic, they are kinda Ayurved-ish... However you can feel good that foods come from nature and can be prepared or warmed on the stove that morning. As a parent, it is a challenge to come up with a variety of good foods, consistently, to nourish their bodies when they are away from us and have 15 minutes to eat (arg!). But let's do the best we can! These suggestions come from my own list on the inside of my cupboard. XO! Monica B.

You will find no: chips, candies, cookies, flavored drinks/milks, gummy fruit snacks, questionable lunch meats, sugary snack bars, or yogurt.

MAIN DISHES

- Pesto pasta** optional to add sun dried tomatoes and pine nuts
- Quesadilla** easy to make in the morning
- Grilled cheese sandwich** and a side of soup
- Fried egg sandwich** use ghee to fry the egg
- Fried rice** with vegetables. option to add chicken or egg or almonds
- Burrito** black or pinto beans, rice, avocado
- Burrito bowl** same as burrito
- Kitchari or kichari burrito** recipe at heymonicab.com/kitchari-recipe
- Hummus wrap** hummus, cucumber wrapped in tortilla
- Oatmeal** with almond butter* raisins and cinnamon
- Almond butter* and jam sandwich** on white bread
- Pasta with ghee** himalayan salt and parmesan cheese, add any veggies they like
- Asian noodles** with garlic & ginger sauce, add any veggies they like
- Ramen noodles** use fresh noodles, not dry. Toss in veggies or hard boiled egg slice
- Chicken satay** what kid doesn't like things on sticks?
- Breakfast burrito** rice, beans, egg and cheese (or any combo)
- 1/2 bagel** with cream cheese or fig spread
- Tomato soup with pasta noodles** sprinkle with parmesan
- Chicken and rice** option to put it in a wrap

DRINK Water. send with their own refillable water bottle

Your ideas here:

SNACKS/SIDES

- snap peas
- carrots
- green beans
- avocado slices with pita bread or crackers
- baby tomatoes
- grapes
- pear or apple slices
- baked apples or pears with cinnamon
- banana
- strawberries
- baby orange slices
- kiwi slices
- dates
- fresh figs
- dried Prunes, Cherries or Apricots (no sulfur)
- dried mango (unsweetened)
- dried coconut pieces (pieces not shavings)
- raisins (no sulfur)
- almonds*
- sunflower seeds
- mozzarella cheese sticks
- fig bars
- lara bars (these contain nuts)
- dinner roll and butter or ghee
- crackers and cheese
- crackers and turkey (itty bitty sandwiches)
- graham crackers and fig spread
- hard boiled eggs
- Almond butter (no sugar added)* on crackers, little roll or mini bagel

Your ideas here:

TIPS:

Use a little thermos to keep dishes warm

Get a plastic spoon-fork-knife Comes in lots of colors. Find on Amazon

* For Nut Allergies, nuts and nut butters can be substituted for sunflower seeds and SunButter which are allergy friendly and super yummy!