



The Taste Explorers Meal Plan



Week 1: Taste Explorer Lunch Box Combos

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 'n Lean	Sweet Potato Fish Cakes Served with lemon mayo dip	Poppin' Pops Served with chutney mayo	Chicken and Corn Sushi Sarmie Bites	Green Eggs and Ham Sam I Am Squares	Sneaky Cauli Chicken Curry Mayo Wrap
Snack Attack	Apple and Cinnamon Date Balls	Veg in a Blanket Wrap baby corn sticks and carrot sticks with lean shaved cold meat	Apple wedges with peanut butter dip	Sugar 'n Spice and All Things Nice Popcorn	Cinnamon Oranges Orange wedges sprinkled with cinnamon
Dairy Delight	Superhero Hammers Spear mozzarella chunks onto a pretzel stick to make a 'hammer'	Chocolate Maas Milkshake Mix ½ maas with ½ milk and sprinkle with cocoa powder	Small tub of yoghurt	Grated cheese served with halved baby tomatoes	Cinnamon Milk Sprinkle cinnamon into milk
Hello Hydration	Berry and Mint Water Add fresh mint leaves and blueberries to water	Mango Iced Tea Steep mango flavoured Rooibos teabags in hot water and allow to cool.	Lemon Bubble Water Sparkling water with a squeeze of lemon juice	Cranberry Crush Mix ¾ water with ¼ fresh cranberry juice	Apple Cinnamon Drink Mix ¾ water with ¼ fresh apple juice and a dash of cinnamon



Week 2: Taste Explorer Lunch Box Combos

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 'n Lean	Sweet Chilli Tasty Tuna Wrap served with extra baby carrots	Hawaiian Chicken Salad Sandwich	Chicken and Apricot Sosaties Served with extra pineapple slices	Tomato and Basil Roll Up Served with lean biltong slices	Creamy Veggie and Potato Salad
Snack Attack	Spiced Pumpkin Pie Muffins	Wholewheat Triangle Crisps with beetroot hummus	Banana Flapjack Stack	French Toast Fingers with strawberries	Sesame Soy Roasted Chickpeas
Dairy Delight	Serve muffin topped with smooth or chunky cottage cheese	Banana Choc Smoothie Blend milk and/or yoghurt, banana, and cocoa powder	Cashew Nut Cottage Cheese Mix plain cottage cheese with sweet chilli sauce and crushed cashew nuts	Serve French Toast Fingers with cream cheese	Mac 'n Cheese Slices
Hello Hydration	Sparkling water with lemon slices	Citrus Rooibos Delight Steep Rooibos tea bags with lemon slices, orange slices and cinnamon sticks	Vanilla Almond Drink Mix unsweetened almond milk with water and vanilla essence	Apple and Ginger Iced Tea Steep Rooibos tea bag in hot water and fresh ginger. Add apple juice.	Tropical Punch Add pineapple chunks and fresh mint to plain water

