

# ■ Brain Power Lunchbox Guide ■

## 10 Easy, Balanced, & Kid-Approved Ideas for All-Day Focus

### ■ Why Balanced Lunches Matter

A well-packed lunch fuels your child's brain and body. The winning combo is ■ protein + ■ healthy fat + ■ fiber. This balance keeps blood sugar steady, supports mood, and helps kids stay focused through the school day.

### ■ Brain-Boosting Foods

- ■ Eggs (yolks) – rich in choline for memory.
- ■ Fatty fish (salmon, sardines) – omega-3s for focus & mood.
- ■ Berries – antioxidants for brain cell protection.
- ■ Leafy greens – vitamins/minerals for brain signaling.
- ■ Nuts & seeds – healthy fats + magnesium for calm focus.

### ■ Smart Swaps for a Healthier Lunchbox

- ■ Juice box → fruit-infused water.
- ■ White bread → sourdough, sprouted, or whole grain.
- ■ Sugary granola bar → homemade energy bites or clean-ingredient bar.
- ■ Regular chips → clean chips made with avocado or olive oil.
- ■ Processed lunch meat → leftover chicken, clean turkey slices, or chicken sausage.

### ■ 10 Brain-Power Lunchbox Combos

- ■ Sourdough sandwich with leftover chicken, lettuce, avocado spread + cucumber slices + blueberries.
- ■ Turkey & cheese roll-ups + carrots & hummus + apple slices.
- ■ Greek yogurt + chia seeds + strawberries + clean crackers.
- ■ DIY pasta salad with chickpea pasta, diced chicken, olive oil, cherry tomatoes, fresh herbs.
- ■ Clean chicken or turkey sausage slices + clean chips (avocado or olive oil) + grapes.
- ■ Hummus + bell pepper strips + whole grain pita + orange slices.
- ■ Egg salad on whole grain bread + cucumber slices + strawberries.

- ■ Salmon salad wrap + leafy greens + apple slices.
  - ■ Nut butter (or seed butter) + banana sandwich on sprouted bread + celery sticks.
  - ■ Mini charcuterie: clean cheese cubes, olives, whole grain crackers, apple slices.
- Tip: Rotate proteins, fruits, and veggies weekly to keep lunch exciting and nutrient-rich.