



Bakers Delight

WEEK 3 5 DAY LUNCH BOX PLANNER

USE OUR PLANNER FOR NUTRITIOUS AND FUN LUNCH BOX INSPIRATION



QUICK WIN WITH DR JO

Dr Joanna McMillans muffin recipe tastes great defrosted! Make a batch and pop what you don't need in the freezer for another week



Share your lunch box creations on social using hash tags #myquickwin #mybakersdelight

SHOPPING LIST:

- Bakers Delight Cape Seed Loaf
- Bakers Delight Wholegrain LowFOD™ Loaf
- Bakers Delight Chia Omega-3 Wholemeal Loaf

10 blank lines for writing a shopping list.

MONDAY

- Water
- Celery sticks with cottage cheese & raisins
- Container of grapes
- A bag of popcorn

DR JO'S Sausage & Tomato Relish Sandwich

TUESDAY

- Water
- Hard-boiled egg, cherry tomatoes & cucumber
- Container of strawberries
- Oat-based muesli bar

DR JO'S Tuna & Corn Mayo Sandwich

WEDNESDAY

- Water
- Celery sticks with cottage cheese & raisins
- Container of grapes
- A bag of popcorn

DR JO'S Chicken & Celery Salad Sandwich

THURSDAY

- Water
- Hard-boiled egg, cherry tomatoes & cucumber
- Container of strawberries
- Oat-based muesli bar

DR JO'S Pulled Pork & Pineapple Salsa Sandwich

FRIDAY

- Water
- Celery sticks with cottage cheese & raisins
- Container of grapes
- A bag of popcorn

DR JO'S Frittata Pesto Sandwich

YOU CAN FIND ALL THE RECIPES TO DR JOANNA MCMILLAN'S FILLINGS ON OUR WEBSITE. BAKERSDELIGHT.COM.AU



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Chia & Fruit Buns contain protein, are high in fibre & wholegrains and contain a number of vitamin & minerals... great yummy way to get nutrients into their lunch box



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SHOPPING LIST:

- Bakers Delight Chia & Fruit Buns 4-Pack
- Bakers Delight Chia Omega-3 Wholemeal Loaf
- Bakers Delight Hi-Protein Wholegrain Rolls
- Bakers Delight Chia Omega-3 Wholemeal Rolls

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MONDAY

Water

Capsicum & cucumber sticks with hummus

Oat-based muesli bar

DR JO'S Homemade muffin

DR JO'S Roast Lamb, Greek Salad & Tzatziki Roll

TUESDAY

Water

Greek yoghurt with passionfruit

Mandarin

DR JO'S Homemade muffin

DR JO'S Poached Chicken, Avo & Cream Cheese Sandwich

WEDNESDAY

Water

Capsicum & cucumber sticks with hummus

Oat-based muesli bar

DR JO'S Homemade muffin

DR JO'S ELT (Egg Lettuce Tomato) Roll

THURSDAY

Water

Greek yoghurt with passionfruit

Mandarin

Bakers Delight Chia & Fruit Bun

DR JO'S Tuna Bean Roll

FRIDAY

Water

Capsicum & cucumber sticks with hummus

Oat-based muesli bar

Bakers Delight Fruit & Chia Bun

DR JO'S Grilled Veggies & Beef Roll