

21 HEALTHY LUNCHES KIDS CAN TAKE



CREATED BY
DIANA KEUILIAN

Parenthood is a minefield of responsibilities. From the moment that you take that first prenatal vitamin, the pressure is on to make the best choices for your child.

We worry about getting access to the best education, the smallest class sizes and teachers with the most credentials. We enroll them in enriching activities, sports, music and tutoring. We throw awesome birthday parties and plan family-oriented vacations. We drive carpool, volunteer at school and check homework.

Yes, we've got multiple roles to balance, dozens of hats to wear. With all these parental to-do's on our daily check list, it's understandable that some things slip through the cracks...but it shouldn't be something that negatively impacts your child's health.

But hold on, who decided that we as parents collectively get a free pass when it comes to our children's diet? Our kids are obese and sick, and it's directly related to what we feed them.

Why do we think it's OK to feed our kids junk?

Because....

- The kids whine for it.
- The school feeds it to them.
- Rachel Ray makes it seem cool.
- Kids menus tell us what's best for kids, right?
- Other parents buy the same foods we do.
- Packaged foods are quick and easy.
- Kids see the commercials on TV and ask for it.
- It's the food that we ate, so it can't be too bad.
- We don't think it's really that bad for them.
- We don't know what else to make.

The madness has to stop.

Kids should not have to deal with obesity, heart disease and type 2 diabetes before their 18th birthday. It's cruelty. Diabetes, high blood pressure, heart disease, aches and pains, trouble breathing, difficulty moving.

It's. Not. OK.

If any of those descriptions apply to your child then you know things have to change. You have the power to pull your child out of that obesity vortex before it's too late. It all starts with you.

And if your child is the picture of health, great! There's nothing more comforting than know your child is in good healthy. But a normal body weight does not excuse you from the responsibility of feeding your child healthy meals.

A child's diet shapes their palate, and has the ability to set them up for a lifetime of healthy eating.

What Make a Healthy Lunch?

There are five parts to the perfect, healthy packed lunch.

Main Dish: Your child's lunch should start with a protein-based main dish. High quality protein is an important component for their growing bodies. Rather than wrap this protein in grains, the key to making this a healthy meal is to leave the grains out.

Try these forms of protein: Chicken, turkey, tuna, egg, pork, beef and fish.

Fruit: This is one healthy ingredient that kids naturally love! Fresh, ripe, seasonal and locally grown fruit should be a part of your child's daily lunch. Fruit is packed with vitamins, minerals, antioxidants and fiber to keep their growing bodies fueled and healthy.

Try these fruits: Cherry, apple, orange, banana, pear, raspberry, strawberry, melon, mango, kiwi, and blueberry.

Veggie: Veggies aren't only meant for dinner, in fact, it's wonderful to include veggies at every meal. That includes lunch! Get your kids in the

habit of eating veggies in their lunch. The vitamins, minerals and fiber are essential.

Try packing veggies like these: Snap peas, cherry tomatoes, Real Healthy Pasta Salad, Stir Fried Cauliflower Rice, sliced carrots, celery sticks with almond butter and raisins, cucumbers and bell peppers.

Snacks: Most kids require a mid morning and afternoon snack, so it's always a good idea to include these in their packed lunch so that they don't turn to the school vending machine. These healthy snacks are made with real, wholesome ingredients rather than the grain and sugar-filled packaged snacks that have become the unfortunate norm.

Try these real food snacks: Popped Quinoa, Popped Quinoa Crackers, Baked Plantain Chips, Garlic Crackers, Popped Quinoa Trail Mix, Roasted Sun Flower Seeds, Roasted Pistachios, Rosemary Almonds, Raw Almonds

Dessert: What's a great lunch without something sweet to end it with? Sweets don't always have to be a part of every lunch, but including healthy desserts a few times a week keeps lunchtime fun. Make sure that the desserts you pack are grain, gluten and cane sugar free, like the recipes included here.

Try these healthy, yummy desserts: Caveman Candy, Double Chocolate, Mini Brownies, Easy Chocolate Chip Cookies, Cinnamon Raisin Sin Cookies, Chocolate Dipped Coconut Sugar Cookies, Popped Quinoa Dessert Bars, Banana Nut Mini Muffins, Ginger Snap Super Cookies

Think Outside The Ziplock Bag



I've found that a segmented Tupperware is the best way to pack healthy lunches.

Many of the healthy main dishes won't fare well in a plastic bag.



Main Dish
Real Healthy Chicken Nuggets (Page 32)

Fruit
Organic Cherries

Veggie
Organic Snap Peas and Cherry Tomatoes

Dessert
Double Chocolate Mini Brownies (Page 50)



Main Dish
Baked Chicken & Veggie Skewers (Page 34)

Fruit
Organic Green Figs

Veggie
Real Healthy Pasta Salad (Page 42)

Snack
Popped Quinoa Trail Mix (Page 48)



Main Dish

Sliced Chicken Wrap with Guacamole, Micro Greens and Tomatoes

Fruit

Organic Raspberries

Veggie

Organic Sliced Carrots

Snack

Garlic Crackers (Page 47)

Dessert

Cinnamon Raisin Sin Cookies (Page 52)



Main Dish

Roast Beef Sandwich on a Fluffy Egg White Biscuit with Cashew Cream, Micro Greens and Tomato (Pages 40,41)

Fruit

Organic Sliced Mango

Veggie

Organic Celery Boats with Almond Butter and Raisins

Dessert

Chocolate Dipped Coconut Sugar Cookies (Page 53)



Main Dish

Ground Turkey Patty on a Fluffy Egg White Biscuit with Cashew Cream, Micro Greens and Tomato (Pages 40,41)

Fruit

Sliced Organic Apple with Almond Butter

Veggie

Real Healthy Pasta Salad (Page 42)

Snack

Garlic Crackers (Page 47)



Main Dish

Ground Turkey Dog in a Coconut Flour Tortilla with Cashew Cream, Micro Greens and Tomato (Pages 31,36, 41)

Fruit

Organic Balled Melons

Veggie

Real Healthy Pasta Salad (Page 42)

Snack

Roasted Sun Flower Seeds

Dessert

Freeze Dried Fruit



Main Dish
Hard Boiled Eggs

Fruit
Organic Balled Melons

Veggie
Real Healthy Pasta Salad (Page 42)

Snack
Roasted Sun Flower Seeds

Dessert
Quinoa Popped Dessert Bars (Page 55)



Main Dish
Ham and Egg on a Real Healthy Bagel with Cashew Cream
(Pages 37,41)

Fruit
Organic Cherries

Veggie
Organic Cucumber Slices

Dessert
Chocolate Dipped Coconut Sugar Cookies (Page 53)



Main Dish
Chicken Stir Fry (Page 35)

Fruit
Organic Strawberries

Veggie
Cauliflower Stir Fried Rice (Page 43)

Snack
Roasted Pistachios

Dessert
Ginger Snap Super Cookies (Page 58)



Main Dish
Bacon, Lettuce, Tomato and Guacamole Boats

Fruit
Organic Raspberries

Veggie
Organic Cucumber Slices

Snack
Rosemary Almonds

Dessert
Popped Quinoa Dessert Bars (Page 55)



Main Dish
Baked Chicken & Veggie Skewers (Page 34)

Fruit
Organic Balled Melon

Veggie
Cauliflower Stir Fried Rice (Page 43)

Snack
Garlic Crackers (Page 47)

Dessert
Popped Quinoa Dessert Bars (Page 55)



Main Dish

Smoked Salmon on a Real Healthy Bagel with Cashew Cream, Micro Greens, and Tomato (Pages 37,41)

Fruit

Organic Blueberries

Snack

Raw Almonds

Dessert

Cinnamon Raisin Sin Cookies (Page 52)



Main Dish
Turkey Slices with Almond Butter, Apple Slices and Raisins

Fruit
Organic Kiwi

Snack
Popped Quinoa Trail Mix (Page 48)

Dessert
Cinnamon Raisin Sin Cookies (Page 52)



Main Dish

Almond Butter, Banana Slices and Cinnamon on a Real Healthy Bagel (Page 37)

Fruit

Organic Peach Halves

Veggie

Organic Sliced Carrots

Snack

Popped Quinoa Trail Mix (Page 48)

Dessert

Banana Nut Mini Muffins (Page 57)



Main Dish

Turkey Slices on a Real Healthy Bagel with Cashew Cream, Tomato and Shredded Cabbage (Page 37, 41)

Fruit

Organic Green Grapes

Veggie

Organic Sliced Carrots and Real Healthy Pasta Salad (Page 42)

Dessert

Double Chocolate Mini Brownies (Page 50)



Main Dish
Real Healthy Egg Salad on Romaine Lettuce (Page 30)

Fruit
Organic Pineapple and Raspberries

Veggie
Organic Snap Peas and Cherry Tomatoes

Snack
Popped Quinoa Crackers (Page 45)

Dessert
Double Chocolate Mini Brownies (Page 50)



Main Dish
Tuna Salad on Romaine Lettuce (Page 29)

Fruit
Organic Red Grapes

Veggie
Organic Celery Boats with Almond Butter and Raisins

Dessert
Easy Chocolate Chip Cookies (Page 51)



Main Dish

Real Healthy Egg Salad on Fluffy Egg White Biscuit with Cashew Cream and Lettuce (Pages 40,41)

Fruit

Organic Kiwi

Veggie

Organic Sliced Carrots

Snack

Baked Plantain Chips (Page 46)

Dessert

Caveman Candy (Page 49)



Main Dish
Almond Butter and Fruit-Only Strawberry Jam on Coconut Flour
Bread (Page 39)

Fruit
Organic Blueberries

Veggie
Organic Sliced Cucumber

Snack
Baked Plantain Chips (Page 46)

Dessert
Easy Chocolate Chip Cookies (Page 51)



Main Dish

Tuna Salad on a Fluffy Egg White Biscuit with Cashew Cream,
Lettuce and Tomato (Pages 40,41)

Fruit

Freeze Dried Fruit

Veggie

Organic Celery Boats with Almond Butter and Raisins

Snack

Roasted Pistachios

Dessert

Caveman Candy (Page 49)



Main Dish

Sliced Chicken on a Fluffy Egg White Biscuit with Cashew Cream,
Micro Greens and Tomato (Pages 40,41)

Fruit

Organic Orange Slices

Veggie

Organic Celery Boats with Almond Butter and Raisins

Snack

Popped Quinoa Crackers (Page 45)

The Recipes

Main Dishes

Corn Dog Muffin.....	27
Tuna Salad.....	29
Real Healthy Egg Salad.....	30
Turkey Patties.....	31
Real Healthy Chicken Nuggets.....	32
Baked Chicken & Veggie Skewers.....	34
Chicken Stir Fry.....	35
Coconut Flour Tortilla.....	36
Real Healthy Bagel.....	37
Coconut Flour Bread.....	39
Fluffy Egg White Biscuit.....	40
Cashew Cream.....	41

Veggies

Real Healthy Pasta Salad.....	42
Cauliflower Stir Fried Rice.....	43

Snacks

Popped Quinoa.....	44
Popped Quinoa Crackers.....	45
Baked Plantain Chips.....	46
Garlic Crackers.....	47
Popped Quinoa Trail Mix.....	48

Desserts

Caveman Candy.....	49
Double Chocolate Mini Brownies.....	50
Easy Chocolate Chip Cookies.....	51
Cinnamon Raisin Sin Cookies.....	52
Chocolate Dipped Coconut Sugar Cookies.....	53
Popped Quinoa Dessert Bars.....	55
Banana Nut Mini Muffins.....	57
Ginger Snap Super Cookies	58

Awesome Corn Dog Muffin

Prep: 20 minutes **Bake:** 60 minutes **Oven:** 350 **Makes:** 12 muffins

One muffin equals:

256 calories, 17g fat, 211mg sodium, 12g carbohydrate, 2g fiber, and 10g protein



Here's what you need:

For the Hot Dogs:

- 2 beaten eggs
- ½ cup blanched almond flour
- ¼ cup flax meal
- ½ cup onion, finely minced
- 2 Tablespoons coconut milk, canned, full fat
- 1 teaspoon Dijon mustard
- ¼ teaspoon black pepper
- 12 oz ground cooked ham
- 12 oz ground raw pork

For the Corn Bread:

- 1½ cups blanched almond flour
- ⅓ cup arrowroot starch
- ⅓ cup coconut flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 4 omega-3 eggs
- ¾ cups coconut milk, full fat from can
- 2 teaspoons apple cider vinegar
- ¼ cup coconut oil, melted over low heat
- 3 Tablespoons raw honey, melted over low heat
- ¼ teaspoon turmeric

For the Hot Dogs:

1. In a large bowl combine eggs, almond flour, flax meal, onion, coconut milk, Dijon, and pepper. Add ground ham and ground pork; mix well. Shape into 15 hot dogs, using about $\frac{1}{3}$ cup mixture for each ball. Place hot dogs in a lightly greased baking dish.
2. Bake, uncovered, in a 350 degree F oven for 35-40 minutes or until done. Once cooled, cut 4 of the hot dogs into 3 1-inch segments.

For the Corn Bread:

1. Preheat the oven to 350 degrees F. Lightly grease a 12 tin muffin pan with coconut oil. Set aside.
2. In a medium bowl combine the almond flour, arrowroot, coconut flour, baking soda and salt. In another medium bowl combine the eggs, coconut milk, vinegar, coconut oil (cooled), and honey.
3. Add the dry ingredients to the wet ones and mix well. Sprinkle in the turmeric and mix until fully combined (this will give your faux cornbread a gorgeous golden yellow color).
4. Pour a Tablespoon of batter into each muffin tin. Place a hot dog segment in each muffin tin, then fill with remaining batter.
5. Bake for 18-20 minutes, until lightly golden on top and fully set.

Di's Favorite Tuna Salad

Prep: 10 minutes **Makes:** 4 servings

One serving equals:

188 calories, 5g fat, 563mg sodium, 10g carbohydrate, 3g fiber, and 21g protein



Here's what you need:

- 2 cans Albacore tuna, packed in water
- 1/2 cup white bean hummus
- 1 small apple, finely minced
- 1 Tbl yellow onion, finely minced
- 1 tsp dried dill weed
- dash of Pepper
- 1 TBL Dijon mustard

1. Drain and flake the tuna in a medium sized bowl.
2. Add the remaining ingredients and mix well.
3. Serve in a bowl, on large lettuce leaves or in half of an avocado, garnish with dried dill weed.

Real Healthy Egg Salad

Prep: 20 minutes **Makes:** 4 servings

One serving equals:

174 calories, 10g fat, 229mg sodium, 3g carbohydrate, 1g fiber, and 15g protein



Here's what you need:

- 8 organic, free range eggs
- 4 celery stalks, chopped
- 2 Tablespoons onion greens, chopped
- 1/4 cup full fat, canned coconut milk
- 2 teaspoons champagne mustard
- 1 teaspoon fresh squeezed lemon
- dash of salt and pepper

1. To boil the perfect egg: place eggs in a large pot and cover with cold water by half an inch. Heat the water to a boil, turn off the heat and cover the pot. Wait exactly 7 minutes, and then place the eggs in a bowl of ice water for 3 minutes.
2. Peel and chop hard boiled eggs. Place in a large bowl. Add celery, onion greens, yogurt, mustard, lemon, salt and pepper. Mix well.
3. Chill and then serve.

Turkey Hot Dogs

Prep: 20 minutes **Bake:** 40 minutes **Oven:** 350 **Makes:** 15 hot dogs

One hot dog equals:

103 calories, 5g fat, 256mg sodium, 2g carbohydrate, 1g fiber, and 11g protein



Here's what you need:

- 2 beaten eggs
- ½ cup blanched almond flour
- ¼ cup flax meal
- ½ cup onion, finely minced
- 2 Tablespoons coconut milk, canned, full fat
- 1 teaspoon Dijon mustard
- ¼ teaspoon black pepper
- 12 oz ground cooked ham
- 12 oz ground raw pork

1. In a large bowl combine eggs, almond flour, flax meal, onion, coconut milk, Dijon, and pepper. Add ground ham and ground pork; mix well. Shape into 15 hot dogs, using about 1/3 cup mixture for each ball. Place hot dogs in a lightly greased baking dish.
2. Bake, uncovered, in a 350 degree F oven for 35-40 minutes or until done. Transfer hot dogs to a serving platter and enjoy!

* To make Gluten-Free Hot Dog Buns, use my recipe for Fluffy Egg White Biscuits (Page 40), but add the yolk back in to the batter before folding in the egg whites. Use foil to form hot dog bun-shaped boats, coat with coconut oil and then fill with batter. Bake for 15-20 minutes. Enjoy!

Real Healthy Chicken Nuggets

Prep: 35 minutes **Bake:** 20 minutes **Oven:** 400 **Makes:** 80 nuggets

One nugget equals:

37 calories, 1g fat, 44mg sodium, 2g carbohydrate, 1g fiber, and 4g protein



Here's what you need:

- 3 boneless skinless chicken breasts
- 1/4 cup almond flour
- 1/4 cup arrowroot starch
- 1/2 teaspoon salt
- dash of pepper
- 3 Tablespoons Dijon mustard (gluten free)
- 3 eggs
- 3 Tablespoons olive oil
- 1 box Mary's Gone Crackers, gluten free crackers, ground to crumbs
- 1 cup nutritional yeast

1. Preheat the oven to 400 degrees F. Lightly grease 2 baking sheets with olive oil.
2. Rinse the chicken breasts and pat dry. Place between two sheets of parchment paper and pound it down to 1/2 inch thickness. Trim off any excess fat and cut into 2-inch strips. Cut the strips into about 80 2x2 inch nuggets.
3. Arrange 3 shallow bowls next to your prepared baking pans. In the first bowl combine the almond flour, arrowroot starch, salt and pepper. In the second bowl combine the Dijon, eggs and olive oil. In the third bowl combine the gluten free cracker crumbs and nutritional yeast.

4. Take each chicken piece and drag it through bowl #1, dip into bowl #2 and roll in bowl #3. Place each coated nugget on the prepared baking sheets.
5. Bake the chicken for 20 minutes, then turn the oven on high broil for about 2 minutes to get them really crispy.
6. Serve with natural ketchup and mustard.

*Freeze leftover nuggets in a freezer safe bag. To reheat place on a baking sheet at 350 degrees F for 20 minutes, or until warmed through.

Baked Chicken & Veggie Skewers

Prep: 25 minutes **Bake:** 30 minutes **Oven:** 375 **Makes:** 8 servings

One serving equals:

103 calories, 2g fat, 130mg sodium, 8g carbohydrate, 1g fiber, and 14g protein



Here's what you need:

- 15 bamboo skewers, cut in half
- 1 cup coconut aminos
- 1 cup filtered water
- 1/2 cup pure maple syrup
- 3 Tablespoons apple cider vinegar
- 3 Tablespoons olive oil
- 1 Tablespoon onion powder
- 2 teaspoon garlic powder
- 1 Tablespoon minced ginger root
- 1 lb organic chicken breast tenders, cut into 2-inch pieces
- 1 orange bell pepper, cut into 1 inch pieces
- 1 green bell pepper, cut into 1 inch pieces
- 1 yellow bell pepper, cut into 1 inch pieces

1. Soak the bamboo skewers in water for an hour.
2. Combine all of the ingredients, except the bell peppers, in large ziplock bag. Marinate in the fridge for 1 hour.
3. Preheat the oven to 375 degrees F. Thread the chicken pieces, alternating with bell pepper pieces, on the skewers. Line on a lightly greased pan and bake for 30 minutes, or until fully cooked through.

Chicken Stir Fry

Prep: 35 minutes **Bake:** 20 minutes **Oven:** 400 **Makes:** 6 servings

One serving (without rice) equals:

243 calories, 11g fat, 675mg sodium, 15g carbohydrate, 4g fiber, and 19g protein



Here's what you need:

- 1 pound organic, boneless, skinless chicken breast
- 2 Tablespoons Olive oil
- 1 clove garlic, minced
- 1 yellow onion, chopped
- 2 heads broccoli, chopped
- 2 carrots, cut in half and then into 2 inch segments
- 2 heads baby bok choy, chopped
- 1 zucchini, chopped
- 1 teaspoon fresh ginger, minced
- 3/4 cup chicken broth (divided)
- 2 Tablespoons arrowroot starch
- 2 Tablespoons toasted sesame seed oil
- 1 Tablespoons ume plum vinegar
- 1 Tablespoon coconut aminos
- 1 ripe, organic mango, peeled, pitted and chopped
- 1 batch of Real Healthy Fried Rice

1. Rinse the chicken and cut into 1 inch cubes.
2. Place the olive oil in a large skillet over medium heat. Add the garlic and onions, sauté for about 10 minutes, until soft. Add the broccoli, carrots and chicken and cook an additional 10 minutes. Add the bok choy and zucchini. After 5 minutes add 1/4 cup of chicken broth, cover, and cook an additional 10 minutes.
3. In a small bowl combine the remaining 1/2 cup chicken broth, arrowroot, sesame oil, vinegar and coconut aminos. Add the seasoned mixture to the skillet, along with the chopped mango, and cook for another 5 minutes, stirring constantly until the mixture thickens.
4. Remove from heat and serve with Real Healthy Fried Rice (Page 43).

Coconut Flour Tortilla

Prep: 10 minutes **Cook:** 20 minutes **Makes:** 12 tortillas

One tortilla equals:

100 calories, 9g fat, 117mg sodium, 2g carbohydrate, 1g fiber, and 5g protein



Here's what you need:

- 6 eggs
- 1 (13.66oz) can of coconut milk, full fat
- 1/4 cup coconut flour
- 1/4 cup flax meal
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 packet Stevia (optional)

1. Preheat a medium sized, non-stick skillet over medium low heat.
2. Combine all of the ingredients in a high speed blender and mix until smooth.
3. Coat the skillet with coconut oil. Pour 1/3 cup of batter into the skillet in a large tortilla shape. Allow to cook until set, then flip to brown the other side. Repeat with all of the batter – should make 12 tortillas.

Real Healthy Bagel

Prep: 25 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 6 bagels

One ½ bagel serving equals:

186 calories, 11g fat, 134mg sodium, 15g carbohydrate, 3g fiber, and 7g protein



Here's what you need:

- ¼ cup warm water
- 1 Tablespoon raw honey
- 1 packet dry active yeast
- 1 ½ cups blanched almond flour
- ½ cup golden flax meal
- 1 Tablespoon coconut flour
- 1 teaspoon baking soda
- ¼ teaspoon sea salt
- 5 large eggs
- 2 Tablespoons apple cider vinegar
- 1 Tablespoon poppy seeds

1. In a small bowl, combine the warm water, honey and yeast. Mix carefully with a fork. Set aside for 5 minutes, until foamy.
2. Preheat the oven to 350 degrees F. Generously grease a donut pan with coconut oil.
3. In a food processor, combine the almond flour, flax meal, coconut flour, baking soda and salt. Add the eggs, vinegar and yeast mixture, and mix until thoroughly combined.

4. Transfer the batter into the prepared donut pan, using your fingers to smooth out the bagel tops. Sprinkle with poppy seeds and bake for 20-25 minutes, until golden. Cool in the pan for about an hour before eating. If the holes filled in during baking then use a knife to carefully remove that piece, leaving the traditional bagel hole. Enjoy!

Coconut Flour (Nut-Free) Bread

Prep: 25 minutes **Bake:** 40 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

151 calories, 12g fat, 164mg sodium, 6g carbohydrate, 3g fiber, and 4g protein



Here's what you need:

- ¼ cup flax meal
- ½ cup filtered water
- ¾ cup coconut flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 4 eggs
- ½ cup coconut oil
- 1 Tablespoon raw honey
- 1 teaspoon apple cider vinegar

1. In a small bowl, combine the flax meal and water. Set aside for 10 minutes.
2. Preheat the oven to 350 degrees F. Generously grease a loaf pan with coconut oil.
3. In a food processor, combine the coconut flour, baking soda and salt. Add the eggs, coconut oil, honey, flax mixture and vinegar.
4. Transfer the batter into the prepared loaf pan and bake for 35-40 minutes, until a knife inserted into the middle of the loaf comes out clean. Cool in the pan for about an hour before slicing. Enjoy!

Fluffy Egg White Biscuit

Prep: 30 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 20 servings

One serving equals:

186 calories, 14g fat, 64mg sodium, 8g carbohydrate, 4g fiber, and 6g protein



Here's what you need:

- 2 cups blanched almond flour
- 2 cups flax meal
- 1 teaspoon baking soda
- 2 Tablespoons raw honey, melted
- 1/2 cup coconut oil, melted
- 8 egg whites

1. Preheat the oven to 350 degrees F. Lightly grease a baking sheet.
2. In a medium bowl combine the almond flour, flax meal and baking soda. Mix well and set aside.
3. Using an electric mixer, beat the egg whites until stiff peaks form.
4. Mix the honey and oil into the flax mixture, then quickly fold in the egg whites. Be careful not to over mix the egg whites, so the fluffiness remains.
5. Use an ice cream scooper to drop mounds of the batter on prepared baking sheet. Bake for 15 minutes, or until the tops are golden brown. Enjoy!

Cashew Cream

Prep: 15 minutes **Makes:** 16 servings

One serving equals:

90 calories, 8g fat, 50mg sodium, 2g carbohydrate, .5g fiber, and 2g protein



Here's what you need:

- 6 oz (about 1 cup) raw cashews, soaked in hot water for 10 minutes
- 1 Tablespoon lemon juice
- 1 Tablespoon water
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon sweet paprika
- 1/2 clove garlic
- dash of ground pepper

1. Discard the cashew soaking water. Combine all of the ingredients into a high speed blender. Mix until completely smooth.

Real Healthy Pasta Salad

Prep: 20 minutes **Makes:** 4 servings

One serving equals:

92 calories, 7g fat, 68mg sodium, 7g carbohydrate, 2g fiber, and 2g protein



Here's what you need:

- 3 organic zucchini
- 1/2 cup organic cherry tomatoes, quartered
- 2 Tablespoons olive oil
- 1 clove garlic, crushed
- juice from 1/2 a lemon
- 1 teaspoon dried basil
- dash of salt and pepper

1. Trim the zucchini ends. Peel down the length of each zucchini until you reach the seeded center, creating long, noodle strands.
2. Place the noodles in a medium bowl, add the quartered cherry tomatoes.
3. In a small bowl combine the oil, garlic, lemon juice, dried basil, salt and pepper. Pour over the noodles and mix to combine.
4. Chill for at least 20 minutes in the fridge.

*Optional, garnish with drops of balsamic vinegar glaze before serving.

Cauliflower Stir Fried Rice

Prep: 15 minutes **Cook:** 15 minutes **Makes:** 8 servings

One serving equals:

123 calories, 5g fat, 227mg sodium, 14g carbohydrate, 6g fiber, and 7g protein



Here's what you need:

- 1 1/2 cups carrots, chopped
- 1 cup frozen peas
- 2 heads organic cauliflower, cut into small pieces
- 2 Tablespoon olive oil
- 3 omega-3, free-range eggs
- 3 Tablespoons coconut aminos
- salt and pepper to taste

1. Bring a medium pot of water to boil. Add the chopped carrots and boil for 3 minutes. Add the frozen peas and boil for another 2 minutes. Drain the water and set the veggies aside.
2. Using a food processor with the grating blade, grate all of the cauliflower.
3. Heat the olive oil in a large skillet or wok over medium. Add the carrots and peas, saute for 3 minutes. Add the 3 eggs, stir to combine. When the eggs have set, add the grated cauliflower and mix to combine.
4. Season the rice mixture with coconut aminos, salt and pepper. Reduce the heat to low, cover and allow to cook for another 5 minutes.
5. Add more coconut aminos, salt and pepper to taste.

How To Pop Quinoa

Prep: 15 minutes **Makes:** 4 servings

One serving equals:

78 calories, 1g fat, 1mg sodium, 13g carbohydrate, 1g fiber, and 3g protein



Here's what you need:

- 1/2 cup uncooked quinoa
- salt and pepper or seasonings of your choice

1. Rinse the quinoa under cold water for 2 minutes. Use either a mesh colander or cheesecloth to keep the quinoa from going down the drain.
2. Spread the rinsed quinoa out over a baking sheet. Place in the oven at 100 degrees F for 60 minutes, or until the quinoa is completely dried. If your quinoa has any moisture left it may not pop.
3. Heat a skillet over medium-high heat. Transfer a few Tablespoons of the quinoa into the heated skillet and wait for it to start popping! Use a lid to reduce the number of quinoa seeds flying across your kitchen. Once the popping dies down, remove from heat.
4. Repeat with the remaining quinoa. Season as you would popcorn. Some salt and a dash of Tajin is my favorite way!

Popped Quinoa Crackers

Prep: 20 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 6 servings

One serving equals:

143 calories, 9g fat, 145mg sodium, 10g carbohydrate, 3g fiber, and 5g protein



Here's what you need:

- 1/3 cup popped quinoa
- 1/3 cup sesame seeds
- 1 Tablespoon coconut flour
- 1/3 cup flax meal
- 1/2 teaspoon sea salt
- 1 Tablespoon coconut oil
- 2 Tablespoons water
- 1 egg

1. Preheat the oven to 350 degrees F. Measure 2 pieces of parchment paper to the size of your baking sheet.
2. In a food processor, pulse together the popped quinoa and sesame seeds. Pulse in the coconut flour, flax, salt, oil, water and egg. Continue to pulse until the dough forms a ball.
3. Place the ball of dough between the 2 pieces of parchment paper. Use a rolling pin to flatten the dough into a rectangle that's about 1/8 inch thick. Remove the top parchment paper, and place the bottom paper, with the flattened dough, directly onto your baking sheet.
4. Cut the dough into 2-inch squares with a knife.
5. Bake for 12-15 minutes, until golden brown. Allow the crackers to cool on the pan before transferring. Store in an airtight container in the fridge.

Baked Plantain Chips

Prep: 20 minutes **Bake:** 30 minutes **Oven:** 350 **Makes:** 6 servings

One serving equals:

110 calories, 2g fat, 133mg sodium, 22g carbohydrate, 2g fiber, and 1g protein



Here's what you need:

- 2 large unripe plantains
- olive oil
- juice from 1/2 a lemon
- freshly ground sea salt

1. Preheat the oven to 350 degrees F. Lightly grease 2 large baking sheets with olive oil.
2. Peel the plantains and slice thinly on a diagonal. In a medium bowl toss the plantains with some olive oil, the juice from 1/2 a lemon and a generous sprinkle of salt.
3. Arrange in a single layer on the prepared baking sheets. Bake for 30 minutes, or until golden and crisp.

Garlic Crackers

Prep: 20 minutes **Bake:** 10 minutes **Oven:** 350 **Makes:** 10 servings

One serving equals:

92 calories, 7g fat, 56mg sodium, 4g carbohydrate, 2g fiber, and 4g protein



Here's what you need:

- 1/3 cup golden flax meal
- 1 cup blanched almond flour
- 1/4 teaspoon sea salt
- 1/8 teaspoon baking soda
- 1 egg
- 3 garlic cloves, minced

1. Preheat the oven to 350 degrees F. Measure 2 pieces of parchment paper to the size of your baking sheet.
2. In a food processor, pulse together the flax meal, almond flour, salt and baking soda. Add the egg and garlic cloves. Continue to pulse until fully combined.
3. Place the ball of dough between the 2 pieces of parchment paper. Use a rolling pin to flatten the dough into a rectangle that's about 1/16 inch thick. Remove the top parchment paper, and place the bottom paper, with the flattened dough, directly onto your baking sheet.
4. Cut the dough into 2-inch squares with a knife.
5. Bake for 8-10 minutes, until golden brown. Allow the crackers to cool on the pan before transferring. Store in an airtight container in the fridge.

Popped Quinoa Trail Mix

Prep: 20 minutes **Bake:** 20 minutes **Oven:** 375 **Makes:** 24 servings

One serving equals:

219 calories, 16g fat, 4mg sodium, 14g carbohydrate, 3g fiber, and 4g protein



Here's what you need:

- 1 teaspoon Chia seeds plus 3 Tablespoons filtered water
- 2 Tablespoons raw honey, melted
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2 Tablespoon coconut oil, melted
- 1/2 cup quinoa, popped
- 1 cup sliced almonds, raw and unsalted
- 1 cup macadamia nuts, raw and unsalted
- 1 cup pecans, raw and unsalted
- 1 cup pepitas, raw and unsalted
- 1 cup dried cranberries, unsweetened
- 1/2 cup sesame seeds
- 1 cup large, unsweetened coconut flakes

1. Mix the chia seeds and water in a small cup and set aside for 15 minutes, until it becomes gel-like.
2. Preheat oven to 375 degrees F. Generously grease a baking pan with coconut oil.
3. In a small bowl combine the honey, extracts, coconut oil and chia seed mixture.
4. In a large bowl combine the quinoa, nuts, berries, seeds and coconut flakes. Mix in the wet ingredients until well combined.
5. Spread over the prepared baking sheet. Bake for 10 minutes, stir, and then bake for another 10 minutes until evenly golden

Caveman Candy

Prep: 10 minutes **Chill:** 20 minutes **Makes:** 15 servings

One serving equals:

125 calories, 2g fat, 0mg sodium, 27g carbohydrate, 6g fiber, and 3g protein



Here's what you need:

- 5 oz dark chocolate – 72% cocoa or higher
- 30 dried mission figs

1. Cover a plate with wax paper and then set aside.
2. Melt the chocolate over very low heat, stirring constantly – or use a double boiler.
3. Grab the figs by their stem and dip into the melted chocolate. Place on the prepared plate.
4. Once all the figs have been dipped, place the plate in the fridge for a least 20 minutes.

Double Chocolate Mini Brownies

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 24 servings

One serving equals:

133 calories, 8g fat, 48mg sodium, 10g carbohydrate, 1g fiber, and 2g protein



Here's what you need:

- 3.5 oz dark chocolate
- ½ cup coconut oil
- 1/3 - 1/2 cup raw honey
- 2 eggs
- 1 Tablespoon vanilla
- ¼ teaspoon almond ext
- ¾ cup blanched almond flour
- ½ tsp salt
- 1/2 cup mini chocolate chips – dairy free, soy free (Enjoy Life Brand)

1. Preheat oven to 350 degrees F. Grease a mini muffin pan with coconut oil.
2. In a double boiler, gently melt the chocolate, coconut oil and raw honey. Remove from heat, allow to cool, add the eggs, vanilla and almond extracts.
3. In a medium bowl combine the almond flour and salt. Add the wet ingredients and mix well. Stir in the mini chocolate chips.
4. Fill the mini muffin tins nearly to the top. Bake for 15-25 minutes until golden and set.
5. Allow the brownies to cool in the pan – if you don't wait then they fall apart!

Easy Chocolate Chip Cookies

Prep: 20 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 36 servings

One serving equals:

71 calories, 5g fat, 21mg sodium, 5g carbohydrate, 1g fiber, and 2g protein



Here's what you need:

- 2 cups blanched almond flour
- 3 Tablespoons coconut flour
- 1 Tablespoon arrowroot starch
- ½ teaspoon baking soda
- 1/8 teaspoon sea salt
- 1 egg
- ½ teaspoon vanilla extract
- ¼ cup pure maple syrup
- 2 Tablespoons coconut oil
- 1/2 cup mini, dairy and soy free chocolate chips (Enjoy Life brand)

1. Preheat oven to 350 degrees F. Lightly grease a baking sheet with coconut oil.
2. In a medium bowl combine the almond flour, coconut flour, almond flour, arrowroot starch, baking soda and salt.
3. In another medium bowl combine the egg, vanilla, syrup and (cooled) oil. Add the wet ingredients to the dry ones and mix until fully combined. Stir in the mini chocolate chips.
4. Shape the dough into 20 cookies, flattening them slightly onto the greased pan. Bake for 12-15 minutes, or until golden. Allow to cool on the pan for 5 minutes, then transfer to a wire cooling rack. Store in an airtight container in the fridge

Cinnamon Raisin Sin Cookies

Prep: 20 minutes **Bake:** 10 minutes **Oven:** 350 **Makes:** 24 servings

One serving equals:

77 calories, 5g fat, 43mg sodium, 6g carbohydrate, 2g fiber, and 1g protein



Here's what you need:

- 1/2 cup blanched almond flour
- 1 Tablespoon coconut flour
- 1 Tablespoon arrowroot starch
- 3/4 cup golden flax meal
- 1 Tablespoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon sea salt
- 1/4 teaspoon baking soda
- 1/3 cup coconut oil
- 1/4 cup raw honey
- 1/4 cup organic raisins

1. Preheat oven to 350 degrees F. Lightly grease two baking sheets with coconut oil.
2. Place the almond flour, coconut flour, arrowroot starch, flax meal, cinnamon, allspice, sea salt and baking soda in a food processor. Pulse until well combined. Add the oil and honey and pulse until the dough forms a ball. Remove the blade, stir in the raisins.
3. Place the dough by 1 Tablespoon scoops on prepared baking sheets. Lightly press the dough down, leaving a couple inches between each cookie.
4. Bake for 8-10 minutes, until golden. Cool on the baking sheets for 15 minutes before serving. Freeze all the leftovers and serve them cold.

Chocolate Dipped Coconut Sugar Cookies

Prep: 20 minutes **Bake:** 15 minutes **Oven:** 300 **Makes:** 36 servings

One serving equals:

102 calories, 8g fat, 34mg sodium, 5g carbohydrate, 1g fiber, and 1g protein



Here's what you need:

- ½ cup coconut oil
- ½ cup palm shortening
- 1 cup coconut crystals
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1/8 teaspoon salt
- 3 egg yolks
- ½ teaspoon vanilla extract
- 1 cup blanched almond flour
- ¼ cup coconut flour
- 2 Tablespoon arrowroot starch
- 5 oz dark chocolate – 72% cocoa or higher

1. In a large mixing bowl beat the coconut oil and palm shortening with an electric mixer on high speed for 30 seconds. Add coconut crystals, baking soda, cream of tartar, and salt. Beat until combined, scraping sides of bowl occasionally. Beat in the egg yolks and vanilla until combined. Beat in the almond flour, coconut flour and starch. Chill the dough in the fridge for 15 minutes.
2. Shape dough into 1-inch balls. Place 2 inches apart on a lightly greased cookie sheet. Press the balls to flatten slightly. Bake in a 300 degree oven about 15 minutes until sides are set. Cool on the baking sheet for 10 minutes before transferring to a cooling rack.

3. Cover a plate with wax paper and arrange the cooled cookies in a single layer.
4. Melt the chocolate over very low heat, stirring constantly – or use a double boiler.
5. Drizzle the melted chocolate on half of each cookie. Chill for 20 minutes in the fridge to firm the chocolate. Store the cookies in the freezer.

Popped Quinoa Dessert Bars

Prep: 20 minutes **Bake:** 12 minutes **Oven:** 350 **Chill:** 60 minutes **Makes:** 24 servings

One serving equals:

155 calories, 13g fat, 18mg sodium, 11g carbohydrate, 3g fiber, and 3g protein



Here's what you need:

- ½ cup popped quinoa
- 1 cup pecans
- ½ cup flax meal
- ¼ cup unsweetened shredded coconut
- ¼ teaspoon sea salt
- ½ cup coconut oil
- ½ cup dates, pitted
- ¼ cup almond butter
- 1 Tablespoon coconut flour
- ¼ cup blanched almond flour
- ½ teaspoon vanilla extract
- ⅛ teaspoon almond extract
- Topping: ¼ cup unsweetened shredded coconut, ¼ cup minced dark chocolate

1. Preheat the oven to 350 degrees F. Lightly grease an 8×8 pan with coconut oil.
2. In a food processor, combine the popped quinoa, pecans, flax meal, coconut and salt. Add the coconut oil, dates, almond butter, coconut flour, almond flour and extracts. Pulse until thoroughly combined.
3. Press the mixture into the prepared pan, sprinkle with the coconut and chocolate topping.

4. Bake for 10-12 minutes, until the chocolate has melted. Once cooled, place in the freezer for 40-60 minutes until set. Cut into 16 squares. Enjoy!

*Note: The baking is to melt the chocolate, so you could remove the chocolate and skip this step for a no-bake version of these dessert bars.

Banana Nut Mini Muffins

Prep: 20 minutes **Bake:** 20 minutes **Oven:** 350 **Makes:** 24 servings

One serving equals:

85 calories, 6g fat, 38mg sodium, 5g carbohydrate, 1g fiber, and 3g protein



Here's what you need:

- 1 cup blanched almond flour
- 1 Tablespoon coconut flour
- ¼ teaspoon baking soda
- ¼ teaspoon sea salt
- ½ teaspoon ground cinnamon
- 4 eggs
- 2 Tablespoons coconut oil, melted
- 2 Tablespoons coconut crystals
- 3 ripe bananas, mashed
- ½ cup pecans, chopped

1. Preheat the oven to 350 degrees F. Lightly grease a mini muffin tin with coconut oil.
2. In a large bowl combine the almond flour, coconut flour, baking soda, salt and cinnamon.
3. In another bowl whisk together the eggs, coconut oil and coconut crystals. Stir in the mashed bananas.
4. Stir the wet ingredients into the dry ones and mix until fully combined.
5. Spoon the batter into the prepared mini muffin tins, filling each tin 3/4 full. Bake for 15-20 minutes, until golden and set. Cool in the pan before transferring to a cooling rack.

Ginger Snap Super Cookies

Prep: 1 hour **Bake:** 15 minutes **Oven:** 450 **Makes:** 80 cookies

One cookie equals:

45 calories, 2g fat, 1mg sodium, 7g carbohydrate, 1g fiber, and 5g protein



Here's what you need:

- 4 cups dates, soaked in hot water for 1 hour
- 1 cup sesame seeds, roasted
- 2 cups shredded coconut, unsweetened
- 4 Tablespoons fresh ginger root juice (Run a medium ginger root through your juicer)

1. Preheat oven to 450 degrees F. Lightly grease 2 cookie sheets with coconut oil or line with parchment paper.

NOTE: if you want to make this recipe raw, turn your dehydrator on to 105 degrees F.

2. Discard the dates soaking water. Place the dates in a food processor. Pulse for 30 seconds.

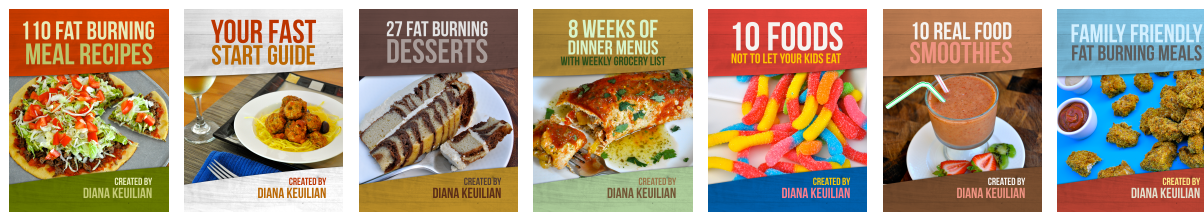
3. Add the sesame seeds, coconut and ginger root juice. Pulse until fully combined and smooth.

4. Form small, flattened balls using about 1 Tablespoon of dough. Place on the prepared cookie sheets and bake for 12-15 minutes, until golden and crispy, OR place in the dehydrator for 12 hours. Enjoy!

Kid's Healthy Lunch Quick Review:

- Main Dish: Protein-based without grains
- Fruit: Fresh, seasonal, local and organic
- Veggies: Include a veggie with every meal
- Snacks: Avoid packaged snacks, stick with nuts and fruits
- Dessert: Make fun, real food desserts without refined sugar

There you have it, everything you need to know to pack your school aged child's healthy lunch! Don't forget to dive into the rest of the books in my Family Friendly Fat Burning Meals Program...



Like the [Real Healthy Recipes Facebook Fan Page](#) for ongoing tips, support, motivation and healthy recipes.

Happy Cooking :)

Diana Keulian

Disclaimer: The information contained in this book is for educational purposes only. This content is meant to supplement, not replace, medical advice. Always consult your physician prior to starting a new nutrition plan.