

# DONE - YAY!

## 5. GOOD FAT

Cheese, avocado, cream cheese.



## 4. PROTEIN

Chicken, tuna, salmon, beans, falafel, egg.  
(Avoid deli meats containing nitrates)



## 3. VEGGIES

Grated carrot, tomato, cucumber, beetroot, alfalfa



## 2. SPREAD

Butter, avocado or little bit of mayo



## 1. BREAD

Wholegrain or Sourdough (Avoid Preservative 282)



*add lettuce or  
other salad  
greens if you like*

**START HERE**



# SUPER SANDWICHES

A SUPER sandwich is filling which reduces the need to pack extra 'packet' food - yay!

Protein is important for growing bodies and to keep tummies full.

Good fats are important to help with brain function and keep tummies full.

Adding veggies to the sandwiches reduces pressure at dinner time.

Blot dry moist ingredients like tomato on a paper towel to avoid soggy sandwiches.

Little hands like little sandwiches. Cut into halves or quarters.

body says **yay!**