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# Eat the *to* Alphabet

Caroline Miros & Ashley Pilato

156 recipes and meal  
inspirations for packing  
easy and awesome  
PlanetBox meals

PLANETBOX®



A

**Eat the**  
*to*  
**Alphabet**



156 recipes and meal inspirations for packing easy and awesome PlanetBox meals

By Caroline Miros & Ashley Pilato

Photographs by Brittany Ballard

Graphic Design by Tina DiCicco

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# About the Authors

## Caroline Miras



Caroline started PlanetBox with her husband Robert in 2009, and is thrilled to know that it makes the daily task of packing healthy foods so much easier for so many in the PlanetBox community. Caroline adores cooking - it is an act of creativity for her and a way to show love to her family and friends. She divides her time between the company, taking care of her two teenage daughters, and going on hikes in the hills above her home in Northern California.

## Ashley Pilato



Growing up half Italian, cooking is in Ashley's roots. A long time food lover, Ashley discovered the world of health and nutrition in her 20's. She attended the Natural Gourmet Institute and has worked as a private chef and culinary consultant. As a New York transplant, Ashley has found herself in awe of the abundance of fresh ingredients available to her in the SF Bay Area. In her free time she can be found dining out, taking long walks, or road tripping.

# Dedication

I dedicate this book to my 2 mamas. My mother, Bonnie Brooke Mitchell, was my first teacher and friend in the kitchen. She is a masterful chef for small gatherings as well as huge crowds in her church. She has been PlanetBox's biggest fan and advocate since day one, and for that, and so much more, I am forever grateful - love you so much mama! And to my mother in law, Jo Vaughn Gross – the undisputed queen of hospitality. From running a soup kitchen to beautiful backyard BBQs, she taught me that love is truly the main ingredient in any good recipe. - *CM*

I dedicate my contribution to this book to my nonna. Her kitchen was always bountiful, her table always bustling, and her heart always welcoming. It is from her I learned that cooking is a true expression of affection. And to my loving husband, Alberto. As my number one cheerleader, he has truly inspired me to follow my passion- not to mention being the best taste-tester imaginable! - *AP*

# Introduction

I'm an avid cook who doesn't like recipes. It feels like hard work to measure ingredients and follow a list of prescribed steps. Instead, I like to improvise as I cook, using whatever I happen to have in my kitchen. So when PlanetBox customers started asking about whether we had a cookbook, I resisted. I thought, "If I don't like recipes myself, why write a cookbook?"

In truth, I DO like inspiration, especially for ingredients I'm not sure what to do with or ones I have fallen into a rut using. For example, when I buy beets, I often make the exact same things with those beets. I know I need new ideas, and find that the best sources of inspiration for me are pictures. So I decided to write a book filled with vivid pictures that focuses on 3 simple ideas for what to do with an ingredient. 52 ingredients to be exact, 2 per letter of the alphabet. Some of the ingredients are standards, such as carrots and cucumbers. Some are less commonplace, like umeboshi and udon.

Whatever the ingredient, this book will give you 3 ideas for how to prepare it. Not long, complicated recipes, but simple and fun ideas you can tailor based on what's in your kitchen at that moment. And we've showcased each idea as part of a full PlanetBox meal. That all adds up to 156 beautifully photographed PlanetBox lunches to inspire you as you pack your meals on the go.

Thankfully, I had the best partner imaginable in writing this book. Ashley Pilato joined PlanetBox in February 2017. Her official title is Social Media Marketing Maven, but lucky for us she is an

extraordinary cook, and she joined me in designing lunches for this book. Ashley brought a new level of sophistication and creativity to this effort, and for that I am forever grateful.

Ashley and I had an extra ounce of fun by challenging ourselves to see how many other ingredients we could use in a given meal that started with the same letter. Be on the lookout for the "hidden ingredients" in each lunch that start with that same letter. Or look through the book with your child for a little "I Spy" fun!

No PlanetBox book would be complete without including our extraordinary PlanetBox community. We've highlighted some of our most prolific online sharers' tips and ideas for each ingredient. So many of you share your innovative, gorgeous meals with us, and we are inspired by what we see YOU do every day. Please, keep the pictures of your amazing creations coming! Share them with us on our Facebook, Instagram, Pinterest, YouTube, and Snapchat channels. #PlanetBox #PlanetBoxLunches

Thank you for being part of the movement to protect the health of people and the planet one lunch at a time. We are so grateful to have you as part of the PlanetBox community, and sincerely hope you will find this book to be a fun source of inspiration for your daily meal prep activities.

Enjoy your lunch!

*Caroline Miras*





# Table of Contents

## A

Apple.....10-11  
 Avocado.....12-13

## B

Banana.....14-15  
 Beet.....16-17

## C

Carrot.....18-19  
 Cucumber.....20-21

## D

Dark Chocolate.....22-23  
 Dried Fruit.....24-25

## E

Egg.....26-27  
 Eggplant.....28-29

## F

Flour Tortilla.....30-31  
 Figs.....32-33

## G

Grape Tomatoes.....34-35  
 Green Beans.....36-37

## H

Ham.....38-39  
 Hummus.....40-41

## I

Iceberg Lettuce.....42-43  
 Israeli Couscous.....44-45

## J

Jicama.....46-47  
 Jam.....48-49

## K

Kale.....50-51  
 Kiwi.....52-53

## L

Lemon.....54-55  
 Lentils.....56-57

## M

Mushrooms.....58-59  
 Muffins.....60-61

## N

Nori.....62-63  
 Noodles.....64-65

## O

Oats.....66-67  
 Orzo.....68-69

## P

Peas.....70-71  
 Pasta.....72-73

## Q

Quinoa.....74-75  
 Quark.....76-77

## R

Rice.....78-79  
 Romaine.....80-81

## S

Squash.....82-83  
 Spinach.....84-85

## T

Tomato.....86-87  
 Tuna.....88-89

## U

Udon.....90-91  
 Umeboshi.....92-93

## V

Veggies.....94-95  
 Vegetarian Meat.....96-97

## W

Watermelon.....98-99  
 Wraps.....100-101

## X

X-tra Sweet.....102-103  
 X--tra Silly.....104-105

## Y

Yams.....106-107  
 Yogurt.....108-109

## Z

Zucchini.....110-111  
 Ziti.....112-113







# A is for Apple

## Ingredients

1 apple, any variety  
½ lemon, juiced  
½ tsp cinnamon

### Apple Rings

*Paired with raspberries and mulligatawny soup*

1. Core an apple with an apple corer.
2. Slice, then sprinkle with lemon and cinnamon.

### Dried Apples

*Paired with dried apricots and wrap sandwich*

5 apples, any variety  
¼ cup lemon juice  
1 tsp cinnamon

1. Wash, peel and core apples. Slice apples thinly and evenly - about ¼ inch thick.
2. If desired, dip slices into a mixture of ¼ cup lemon juice mixed with 1 quart of water to prevent browning. Remove slices from water and pat dry.
3. Sprinkle slices with a light dusting of cinnamon.
4. Arrange apple slices on wire baking or cooling racks and position in oven. Set oven at the lowest temperature, about 150 degrees F and prop door open slightly. Bake for 5 to 8 hours.
5. Once cool store in an airtight container.

### Apple Sauce

*Paired with potato pancakes (great for dipping in the apple sauce), yogurt, watermelon radishes, pistachios and yogurt covered raisins*

6 pounds mixed apple varieties, peeled, cored and cut into eighths  
1 cup apple juice or water  
Juice of ½ lemon  
½ cup light brown sugar (optional)  
1 tsp cinnamon

1. Place the apples, apple juice/water and lemon juice into a pan and bring it to a boil over medium-high heat. Lower the heat and simmer until the apples are soft, about 15 minutes.
2. Stir in the sugar and mix until melted. Add the cinnamon and stir thoroughly.
3. Allow to cool, then puree the mixture in a food processor, blender or food mill.

#### User Tips:

Sliced honey crisp apples are not only delicious but also don't ever brown - even after a night in the fridge and morning sitting in a school bag.  
- @avivawittenberg

Hidden Ingredient: 1







# A is for Avocado

## Ingredients

1 avocado  
½ lemon, juiced  
1 piece toast

### Avocado Toast

*Paired with sliced persimmons, sliced radishes, cheese and crackers, and a yogurt covered pretzel*

1. Slice half an avocado in thin, even slices.
2. Scoop gently out of shell, and fan slices onto a piece of toast.
3. Squeeze lemon over top.

### Avocado Salad

*Paired with shrimp and corn on the cob*

1 avocado, cut into cubes  
1 cup cherry tomatoes, halved  
½ cup cooked black beans, rinsed  
2 Tbsp cilantro, chopped  
1 lime, juiced  
Salt and pepper

1. Combine avocado, tomatoes, black beans and cilantro.
2. Juice one lime over salad. Add salt and pepper to taste.

### Guacamole

*Paired with tortilla chips and raspberries*

2 avocados  
½ lemon, juiced  
½ tsp salt

1. Cut the avocados into halves. Remove the seeds, and scoop out the pulp into a small bowl.
2. Use a fork to mash the avocado.
3. Stir in lemon juice and salt.



Hidden Ingredient: 0





# B is for Banana

## Ingredients

- 1 flour tortilla
- 2 Tbsp nut butter (peanut, almond, etc) or sunflower based alternative
- 1 ripe banana

### Banana Roll Ups

*Paired with cherry tomatoes, banana muffins, raspberries and a granola ball*

1. Take a flour tortilla and lay flat on a cutting board.
2. Apply a thin layer of nut butter or sun butter to inside of tortilla. Make sure the butter is all the way to the edges of the tortilla.
3. Place banana on side of the tortilla closest to you, and roll up the banana to the end of the tortilla.

### Chocolate Covered Banana

*Paired with cucumbers, clementines, popcorn and a turkey and cheese sandwich*

- 4 oz chocolate (milk or dark), melted
- 1 banana
- Coconut or sprinkles

1. Cut banana into wedges, and dip in chocolate.
2. Sprinkle with coconut or sprinkles if desired.
3. Place on wax paper to harden.

### Banana Bread

*Paired with a rainbow spinach salad, avocado and pistachios.*

- 1 cup white flour
- ¾ cup whole wheat flour
- ⅔ cup sugar
- 2 tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- ¼ tsp salt
- 2 ripe bananas, mashed
- ¾ cup orange juice
- 2 large eggs
- 4 Tbsp melted butter

1. Preheat oven to 350 degrees F. Grease an 8x4 inch loaf pan.
2. Combine first 7 dry ingredients in one bowl and mix well.
3. In a separate bowl, combine bananas, juice, eggs and melted butter and mix well. Pour into flour mixture and mix until well combined.
4. Pour into prepared loaf pan and bake for 1 hour, until toothpick poked into the center comes out clean.
5. Let cool and turn onto wire rack.

#### User Tips:

- I stuff dried cereal + chocolate chips into sliced bananas. - @avivawittenberg
- Carve a fun message in the banana with a toothpick. - Nina from mamabelly.com

Hidden Ingredient: 1







# is for Beet

## Ingredients

- 1 large roasted beet, chopped
- 1 can chickpeas, rinsed
- 2 lemons, juiced
- 1/4 cup tahini paste
- 1 tsp salt
- 4 oz goat cheese
- 1/4 cup olive oil

### Beet and Goat Cheese Hummus

*Paired with pita chips and blueberries*

1. In a food processor combine the beet, chickpeas, lemon juice, tahini, salt and goat cheese. Pulse until well blended.
2. With the food processor running drizzle in the olive oil. Blend until smooth.

### Chocolate Beet Cake

*Paired with roasted Brussel sprouts, and spaghetti topped with golden beets, basil and parmesan cheese*

- 3 cups whole wheat pastry flour
- 3/4 cup cocoa powder
- 2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup chocolate chips
- 2 1/4 cup apple juice
- 1/2 cup diced beets
- 1/2 cup diced carrots
- 1/2 cup maple syrup
- 2 tsp apple cider vinegar

1. Preheat oven to 350 degrees F. Oil and flour a bundt pan.
2. Sift together first 4 dry ingredients. Then mix in chocolate chips.
3. In a blender, blend juice, beet, carrots, maple syrup and vinegar until smooth.
4. Mix wet and dry mixtures together until well mixed.
5. Pour into bundt pan and bake for 50 minutes until toothpick comes out clean.

### Beet Salad

*Paired with pomegranate seeds, carrot ginger dressing, and lentil patties.*

- 3 large roasted beets, cut into slices
- 2 cups mixed greens
- 2 oz goat cheese
- 1/4 cup candied walnuts

1. Combine salad ingredients as desired.

#### User Tips:

Use beet juice as a natural pink food coloring to make heart shaped pancakes or other special baked goods

- @sarahmakeslunch

I use beets to create unusual red pancakes and waffles.

- @blooballoon

Hidden Ingredient: 3







# is for Carrot

## Ingredients

- 1 ½ cups whole wheat pastry flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp salt
- 2 tsp cinnamon
- 2 medium carrots, grated
- 2 medium zucchinis, grated
- ½ cup maple syrup
- 2 eggs
- 1 t vanilla
- 1 ripe mashed banana

## Carrot and Zucchini Muffins

*Paired with blueberries, pomegranate seeds and pretzels*

1. Preheat oven to 350 degrees F.
2. Combine first 5 dry ingredients in one bowl and mix well.
3. In a separate bowl, combine next 6 wet ingredients and mix well.
4. Add wet to dry ingredients, and mix until just combined – do not over mix.
5. Pour into muffin tins either lightly greased or lined with parchment liners.
6. Cook for about 35-45 minutes, until toothpick inserted comes out clean.

## Carrot Ginger Dressing

*Paired with carrot and celery sticks, and cheese and crackers*

1. Puree onion, carrots, celery and ginger in a food processor or blender.
2. Add remaining ingredients and process/blend until smooth.

### User Tips:

Carrot rolls look more fun and are easier/softer to munch on.

– @a\_mom\_in\_love

I switch out the shape of carrots to make them interesting: crinkled, ribbons, hearts, discs, or sticks.

– @blooballoon

## Carrot Curls

*Paired with tortilla chips, clementines, and veggie rollups.*

- 3 large carrots

1. Place large carrot flat on cutting board.
2. Take vegetable peeler and press hard into carrot, dragging peeler along the entire length of the carrot to create long thin strips. Roll up strips into curls.

Hidden Ingredient: 6







# is for Cucumber

## Ingredients

- 1 cucumber, peeled, seeded and grated
- 1 cup plain Greek yogurt
- 1 Tbsp lemon juice
- 2 Tbsp olive oil
- 1 Tbsp chopped fresh mint
- 1 tsp dried dill
- Salt and pepper

## Cucumber Yogurt Dip

*Paired with baguette, raspberries and salad*

1. Lay grated cucumber on a clean dishtowel and allow to drain. Squeeze out excess moisture in the towel.
2. Combine remaining ingredients in a bowl, then add drained cucumber.
3. Refrigerate for at least 2 hours to let flavors combine.

### User Tips:

Use a crinkle cutter to slice your cucumbers - the shades of green to white look fabulous!

- @Casey2Cook

Carve inside of a cucumber and add shredded carrot + crab + rice.

- @Mommas\_gang

## Greek Salad

*Paired with green grapes, hummus, pistachios, pita chips and a yogurt covered pretzel.*

- 1 cucumber, peeled and chopped
- ½ cup cherry tomatoes, cut in half
- ¼ cup Kalamata olives
- ¼ cup feta cheese, cubed
- ½ lemon, juiced
- 1 tsp olive oil

1. Combine first 4 ingredients.
2. Drizzle lemon juice and olive oil.
3. Add salt and pepper to taste.

## Cucumber Rings

*Paired with sushi, persimmon slices, cheesy crackers, oatmeal cookie*

- 1 large cucumber

1. Peel cucumber in alternating strips.
2. Use apple corer to core a cucumber.
3. Cut into ½ inch rounds. Slice each round on one side.
4. Link cucumber rounds together to form a chain.

Hidden Ingredient: 3







# is for Dark Chocolate

## Ingredients

4 oz dark chocolate, melted  
 1 cup toasted almonds, unsalted  
 1 Tbsp coarse sea salt

### Chocolate Covered Almonds

*Paired with cashews, carrots and daikon radishes, and yogurt dip*

1. Dip the almonds in the melted chocolate and stir.
2. Place chocolate covered almonds one by one on a cookie sheet covered in wax paper.
3. Sprinkle with sea salt and let harden.

### Chocolate Covered Pretzel

*Paired with deviled eggs, raspberries, carrots, chips and guacamole*

4 oz dark chocolate, melted  
 ½ cup small pretzels

1. Dip the pretzels in the melted chocolate.
2. Arrange chocolate covered pretzels on a cookie sheet covered in wax paper and let harden.

### Chocolate Drizzled Popcorn

*Paired with avocado and Pad Thai*

4 oz dark chocolate, melted  
 3 cups popcorn  
 1 Tbsp coarse sea salt

1. Arrange popcorn on a cookie sheet covered in wax paper.
2. Drizzle melted dark chocolate over top. Add salt.
3. Let cool completely before handling.

#### User Tips:

Use a zester to shave dark chocolate over your yogurt. Adds a fun texture and makes it pretty, without giving too much sweets!

- @Casey2Cook







# is for Dried Fruit

## Ingredients

- 4 oz dried coconut
- 4 oz dried apricots
- 4 oz dried mango

### Tropical Dried Fruit Mix

*Paired with pistachios and wrap sandwich*

1. Chop all ingredients into small pieces.
2. Mix together.

#### User Tips:

I love keeping dried fruit on hand for a number of reasons. It's fast and easy, perfect for a snack or lunches. It's also great if you haven't had a chance to run to the store and pick up more fresh produce. When I pack, I try and pack with the rule of 5. Pack 5 different colors. If you are able to do that it typically means that you have a well-balanced meal. So sometimes I'll use dried fruit to get another color into a lunch.

- @bunchesolunches

### Coconut Dusted Date Roll

*Paired with hardboiled eggs, pickles, popcorn, and skewers of tomatoes, olives and cheese*

- 1 cup dates
- 2-3 Tbsp water
- ½ cup finely grated coconut

1. In a food processor, blend together dates and water until a smooth paste is formed.
2. Wet hands, and roll paste into small rolls. Dip each roll into coconut to cover.
3. Refrigerate to harden.

### Dried Fruit Roll Ups

*Paired with radish and butter slices, cashews, cherry tomatoes, hummus and pita bread*

- 3 cups ripe fruits, such as strawberries or raspberries
- 1 Tbsp agave or honey
- 2 tsp lemon juice

1. Preheat oven to lowest temperature – 140 degrees F.
2. Puree all ingredients in a food processor until smooth.
3. Pour onto baking sheet covered with a silicone baking mat, and spread thinly and evenly.
4. Place in oven and bake for 6-8 hours, until center is set firm.
5. Remove from oven, allow to cool and peel off baking sheet.
6. Cut into strips and roll in parchment or wax paper.

Hidden Ingredient: 1







# E is for Egg

## Ingredients

1 egg, hardboiled  
 1 cup chopped romaine lettuce  
 1/4 cup chopped purple cabbage

### Hardboiled Eggs on Salad

*Paired with crackers and ranch dressing*

1. Combine lettuce and cabbage.
2. Place hardboiled egg on top.
3. Finish with salt and pepper to taste.

### Egg Salad Pita Pocket

*Paired with dried apricots, endive, granola clusters and gummy candies*

6 hardboiled eggs, chopped  
 1/4 cup mayonnaise  
 2 tsp lemon juice  
 Salt and pepper  
 1/2 cup finely chopped celery

1. Mix mayonnaise, lemon juice, salt and pepper together
2. Add chopped eggs and celery and mix well.
3. Cover and refrigerate to allow flavors to blend.
4. Stuff inside pita bread.

#### User Tips:

Japanese egg molds transform hard boiled eggs into fun shapes for kids of all ages!  
 - @avivawittenberg

### Deviled Eggs

*Paired with mango, carrots, samosas with mango chutney, and chocolate covered raisins*

6 hardboiled eggs  
 2 Tbsp mayonnaise  
 1 tsp mustard  
 Salt and pepper

1. Slice hardboiled eggs lengthwise, and carefully remove the yolk.
2. Mash the yolks with the mayonnaise, mustard, salt and pepper – stir well.
3. Spoon yolk mixture back inside egg white, or pipe through a piping bag fitted with a large decorating tip.



Hidden Ingredient: 1





# E is for Eggplant

## Ingredients

- 1 large eggplant
- 1 Tbsp olive oil
- 2 Tbsp tahini
- 2 Tbsp lemon juice
- 1 Tbsp chopped fresh mint
- Salt and pepper

### Roasted Eggplant Dip

*Paired with Kalamata olives, stuffed grape leaves with lemon slices, pita bread and chocolate cookie*

1. Roast eggplant on the grill or over a direct flame, much like roasting a pepper. When eggplant is cool scoop out the flesh and discard skin.
2. In a food processor, place eggplant and tahini and pulse to combine.
3. Add lemon juice, mint, salt and pepper. Place in bowl. Cover and refrigerate overnight to combine flavors.

### Grilled Eggplant Wraps

*Paired with edamame and pretzels*

- 1 eggplant, sliced in 1/4 inch rounds
- 1/4 cup baby spinach
- 4 oz goat cheese
- 1 large tortilla

1. Place eggplant slices on a clean dishtowel and sprinkle with salt. Let sit for 30 minutes.
2. Wipe off excess salt and cook slices in a well-oiled fry pan until tender.
3. Place tortilla on a cutting board and spread a thin layer of goat cheese all over tortilla.
4. Place eggplant slices and baby spinach on tortilla.
5. Roll tortilla and slice wrap in half.

### Eggplant Parmesan

*Paired with salad and oranges*

- 1 eggplant, peeled and thinly sliced
- 1 egg, beaten
- 1 cup seasoned bread crumbs
- 1 cups tomato sauce
- 1 cup shredded mozzarella cheese

1. Preheat oven to 350 degrees F.
2. Dip eggplant in egg, then bread crumbs. Cook slices in well-oiled fry pan until tender.
3. Place eggplant slices in baking dish. Place tomato sauce on top, then cheese.
4. Bake for 20-30 minutes, until golden brown.

#### User Tips:

I cook eggplant slices in flour, egg, breadcrumbs & pecorino cheese - in oven at 375 degrees F until golden - serve w/marinara  
- @happykidlunches







# is for Flour Tortilla

## Ingredients

- 2 golden beets, roasted and sliced
- 3 oz goat cheese
- 1/2 cup baby spinach
- 1 large flour tortilla

### Golden Beet and Goat Cheese Wrap

*Paired with oranges*

1. Place tortilla on a cutting board.
2. Spread a thin layer of goat cheese on tortilla.
3. Add beets and spinach. Roll and cut.

### Veggie Quesadillas

*Paired with chips, guacamole, salsa, pomegranate seeds and sour cream*

- 2 whole wheat tortillas
- 1/2 roasted red pepper, sliced
- 1/2 tomato, seeded and sliced
- 1/4 cup shredded jack cheese

1. Place tortilla in a lightly oiled fry pan.
2. Add peppers, tomatoes and cheese, then top with another tortilla. Cook on both sides.

#### User Tips:

Microwave the tortilla for a few seconds to loosen it up. Add a layer of condiment and then your deli meat or other filing, roll and slice. SANDWICH SUSHI!

- @Casey2Cook

Slather with your favorite toppings, roll up and slice like sushi.

- @Srunsforcake

### Red Pepper and Spinach Roll Ups

*Paired with fennel spinach salad, vinaigrette, almonds, dried mango and coconut ball*

- 1 roasted red pepper, sliced
- 1/2 cup baby spinach
- 3 oz cream cheese
- 1 flour tortilla

1. Place tortilla on a cutting board.
2. Spread a thin layer of cream cheese on tortilla.
3. Add peppers and spinach. Roll in small tight roll, leaving room at the end filled with just cream cheese to seal the roll. Slice into 4 slices.

Hidden Ingredient: 2







# is for Fig

## Ingredients

Milk chocolate  
Dried white figs  
Dried coconut

### Chocolate Dipped Dried Figs

*Paired with dried mango and cheese sandwich*

1. Melt chocolate over double boiler on low.
2. Dip figs into chocolate.
3. Sprinkle the dried coconut over the chocolate covered fig.
4. Place on wax paper to harden.

Lettuce greens  
Figs  
Goat cheese  
Toasted hazelnuts

### Fig, Goat Cheese, and Hazelnut Salad

*Paired with red pepper hummus, pita, cashews and olives*

1. Mix salad as desired.

### Fig Coconut Bars

*Paired with grapes, hardboiled eggs, grape tomatoes, cheese and a star gummy*

¾ cup walnuts  
2 Tbsp shredded coconut  
½ cup dried figs  
½ cup pitted dates  
½ Tbsp water  
1 Tbsp cinnamon  
½ cup cashews, soaked in water  
½ cup coconut cream  
½ cup shredded coconut  
2 Tbsp maple syrup  
½ tsp vanilla  
Figs, sliced

1. Combine first six ingredients in a food processor until mixture sticks together.
2. Line a loaf pan with parchment, and press nut mixture into bottom.
3. Place cashews in a food processor and process for a few minutes.
4. With processor running, add coconut cream, maple syrup and vanilla.
5. Press coconut cashew mixture on top of nut mixture.
6. Chill for 2 hours in the freezer to set.
7. Decorate with fresh fig slices and cut into bars.

Hidden Ingredient: 0







# G is for Grape Tomatoes

## Ingredients

- 1 cup cooked fusilli pasta
- ¼ cup pesto
- 1 Tbsp shredded parmesan cheese
- ¼ cup cherry/grape tomatoes
- Basil, sliced thinly

## Pesto Pasta with Tomatoes

*Paired with oranges*

1. Combine all ingredients.
2. Top with shredded basil if desired.

### User Tips:

Grape tomatoes are wonderful alone, but everything is better on a stick! Use little toothpicks and add mozzarella and basil. Put a little Balsamic vinegar in a little dipper and Voila!  
 - @The\_Hippie\_City\_Chick

## Caprese Salad

*Paired with berries, kiwi, baguette and peanut butter cup*

- ½ cup cherry/grape tomatoes
- ½ cup small fresh mozzarella balls
- 6 fresh basil leaves
- 2 tsp olive oil
- 1 tsp balsamic vinegar
- Salt and pepper

1. Combine all ingredients.

## Veggie Skewers

*Paired with dried fruit crackers*

- ½ cup cherry/grape tomatoes
- 1 yellow pepper, cut into small squares
- ½ cup pitted black olives

1. Use small skewers to hold all ingredients.

Hidden Ingredient: 1







# is for Green Bean

## Ingredients

½ pound trimmed green beans  
1 tablespoon olive oil  
Sea salt  
4 slices prosciutto

### Green Bean Prosciutto Wraps

*Paired with creamy balsamic dressing and pistachios*

1. Preheat oven to 400 degrees F.
2. Toss green beans with olive oil and salt and spread on a baking sheet.
3. Roast for 15-20 minutes.
4. Bunch 3-4 green beans and roll into a slice of prosciutto.

### Green Bean & Goat Cheese Gratin

*Paired with grapefruit and yogurt pretzels*

¼ pound green beans  
¼ cup half & half  
2 oz goat cheese  
Dash of sea salt  
Dash of pepper  
1 Tbsp breadcrumbs  
1 Tbsp olive oil

1. Preheat oven to 400 degrees F.
2. Trim, half, and blanch green beans for 5 minutes.
3. Mix green beans with half & half, goat cheese, and seasoning thoroughly.
4. Pour into satellite dish. Cover with foil. Bake at 400 degrees for 15 minutes.
5. Remove foil, top with breadcrumb & olive oil mix. Bake for an additional 8 minutes. Let cool.

### Citrus Green Bean & Almond Salad

*Paired with grapes, granola, pistachios, sesame snacks, gummies*

1 tsp olive oil  
2 tsp orange juice  
1 tsp honey  
Dash of sea salt  
¼ pound green beans  
1 Tbsp slivered almonds  
1 tsp orange zest

1. Whisk first 4 ingredients together to make a dressing.
2. Trim, half, and blanch green beans for 5 minutes.
3. Toss green beans with dressing, almonds, and zest.

Hidden Ingredient: 5







# is for Ham

## Ingredients

### Salsa:

- 1 cup chopped pineapple
- 1 Tbsp chopped red onion
- 1 Tbsp fresh cilantro
- Juice of ½ lime
- Dash sea salt

- Ham slices
- Mini toasts

- 1 ½ cup fresh peas, blanch 8 minutes
- ¼ cup chopped porchetta
- ½ cup cubed cheddar cheese
- 2 Tbsp mayonnaise
- 1 tsp mustard
- 1 Tbsp chopped fresh parsley
- Salt and pepper

- Round ham slices
- Egg
- Sea salt
- Pepper
- Fresh herbs

## Deconstructed Ham Sandwiches with Pineapple Salsa

*Paired with avocado, veggie straws, and chocolate covered sunflower seeds*

1. Mix all salsa ingredients together.
2. To construct- layer a piece of ham on toast and top with salsa.

## Ham & Pea Salad

*Paired with Siracha chips and apple slices*

1. Combine and chill.

## Ham & Egg Cups

*Paired with strawberries*

1. Preheat oven to 375 degrees F.
2. Oil a silicone cup or ramekin.
3. Arrange ham slice into cup.
4. Crack egg into ham cup.
5. Season with salt & pepper.
6. Bake for 15-20 minutes, to liking of egg.







# is for Hummus

## Ingredients

1 cup cooked edamame  
 ¼ cup tahini  
 2 Tbsp lemon juice  
 1 garlic clove  
 2 Tbsp olive oil  
 Sea salt, to taste

### Edamame Hummus Pepper Poppers

*Paired with flax crackers and pomegranate seeds*

1. Combine edamame, tahini, lemon juice, and garlic in food processor. Process until smooth.
2. Drizzle olive oil through feed tube, continuing to process until oil is fully incorporated. Add more olive oil as you process to your desired level of creaminess.
3. Season with salt and serve.

### Curried Roasted Carrot Hummus with Chicken Salad

*Paired with pickled carrot ribbons, veggie sticks, pirouette cookies, and pomegranate seeds*

1 can garbanzo beans  
 4 roasted carrots  
 ¼ cup tahini  
 ½ tsp curry powder  
 1 tsp honey  
 2 Tbsp olive oil  
 Sea salt, to taste

1. Chop 4 medium carrots into 1 ½ inch pieces. Toss in a bowl with 1 tablespoon of olive oil & sprinkle with sea salt. Spread on sheet pan and roast at 400 degrees for 20 minutes.
2. Combine garbanzo beans, carrots, tahini, and curry powder in food processor. Process until smooth.
3. Drizzle olive oil through feed tube, continuing to process until oil is fully incorporated. Season with salt to taste.
4. Mix into shredded chicken as desired. Add 1 tablespoon chopped raisins to each serving.

### Roasted Garlic Cannellini Hummus Flatbreads

*Paired with roast beef slices and artichoke hearts*

Roasted garlic  
 1 can cannellini beans  
 ¼ cup tahini  
 2 Tbsp lemon juice  
 2 Tbsp olive oil  
 Sea salt, to taste  
 Flatbread  
 Arugula  
 Grape tomatoes  
 Red onion  
 Feta cheese

1. Clean garlic head of loose peel. Cut off top of garlic and sprinkle with 1 tablespoon olive oil. Wrap in foil and roast in oven at 400 degrees F for 45 minutes.
2. Combine beans, tahini, lemon juice, and roasted garlic in food processor. Process until smooth. Drizzle olive oil through feed tube, continuing to process until oil is fully incorporated. Season with salt to taste.
3. Spread hummus over flatbread and garnish freehand with tomato slices, arugula, red onion, and feta cheese.

#### User Tips:

You could also add hummus to a Greek inspired lunch or use it to pack a snack for all those after school activities. – @bunchesolunches







# is for Iceberg Lettuce

## Ingredients

Iceberg lettuce  
Sliced turkey or meat  
alternative slices  
Sliced American cheese

### Lettuce Roll Ups

*Paired with flax crackers and pomegranate seeds*

1. Place large lettuce leaves on a cutting board.
2. Place turkey and cheese slice on top of lettuce, and gently roll.
3. Insert toothpick to keep rolls tight.



1 head iceberg lettuce  
2 tomatoes  
4 Tbsp ranch dressing

### Iceberg Lettuce Wedge Salad

*Paired with chicken cutlet and kiwi*

1. Slice lettuce into wedges.
2. Seed and chop a tomato.
3. Serve with dressing in tall dipper.



### Greek Salad Skewers

*Paired with cantaloupe, cashews, Greek yogurt dressing, crackers, and cookie*

1. Cut all ingredients into similar sizes.
2. Place ingredients on skewers.
3. Finish with a sprinkle of dried oregano.

Iceberg lettuce  
Cherry tomatoes  
Small red peppers  
Kalamata olives  
Feta cheese  
Small cucumbers  
Dried oregano

Hidden Ingredient: 1





# is for Israeli Couscous

## Ingredients

1 small butternut squash  
 1 cup cooked Israeli couscous  
 ¼ cup pine nuts, toasted  
 ¼ cup pomegranate seeds  
 2 Tbsp olive oil  
 Salt and pepper

### Stuffed Butternut Squash

*Paired with grilled chicken and avocado*

1. Cut squash lengthwise, scoop out seeds. Place face down in oiled pan, and roast at 400 degrees F until tender.
2. Combine couscous, pine nuts and pomegranate seeds. Add olive oil and salt and pepper to taste.
3. Stuff inside squash.

### Mediterranean Couscous Salad

*Paired with blackberries and Inka corn*

2 cups cooked Israeli couscous  
 ¼ cup pistachios, chopped  
 ½ cup pomegranate seeds  
 ½ red onion, chopped and sautéed  
 2 Tbsp fresh mint, chopped  
 4 Tbsp olive oil  
 Salt and pepper

1. Combine all ingredients.

### Roasted Red Pepper Couscous

*Paired with blackberries and kumquats, carrots, pita chips and a granola bar*

1 cup cooked Israeli couscous  
 3 red bell peppers, roasted and skins removed  
 1 clove garlic  
 2 Tbsp olive oil  
 1 Tbsp lemon juice  
 Salt and pepper  
 ½ avocado

1. Combine peppers, garlic, olive oil, juice and salt and pepper in a food processor. Mix until you have a nice, even sauce.
2. Combine with couscous.
3. Serve with sliced avocado on top.

Hidden Ingredient: 1







# is for Jicama

## Ingredients

1 large jicama

### Jicama Stars

*Paired with stuffed grape leave, lemons, Kalamata olives, hummus, tabbouleh salad, and jelly beans*

1. Slice jicama into 1/4 inch slices.
2. Use metal cookie cutters to cut stars.

1 large jicama

1 can garbanzo beans  
 1/2 roasted red pepper, seeded, skinned and chopped  
 1/4 cup tahini  
 2 Tbsp olive oil  
 Salt and Pepper

### Jicama Sticks with Red Pepper Hummus

*Paired with oranges*

1. Peel jicama and slice into sticks.
2. Combine garbanzo beans, red pepper and tahini, in food processor. Process until smooth.
3. Drizzle olive oil through feed tube, continuing to process until oil is fully incorporated. Season with salt to taste.

1 large jicama

1 Tbsp chili seasoning  
 1 lime

### Jicama Sticks and Chili and Lime

*Paired with roasted beet and goat cheese salad, hardboiled egg*

1. Peel jicama and slice into sticks.
2. Dust with chili seasoning.
3. Serve with lime wedges.







# is for Jam

## Ingredients

Lavash bread  
Peanut butter  
Strawberry jam

### P B and J rollups

*Paired with snap peas*

1. Place lavash bread on cutting board.
2. Apply a thin layer of peanut butter, making sure to spread to the edges.
3. Apply a thin layer of jam, leaving room at the end with no jam.
4. Roll bread, ending with the no jam end to help seal the roll.
5. Cut into rolls.

### Hide and Seek Muffins

*Paired with clementines, rice, chicken, broccoli, and peanut sauce*

1 ½ cups flour  
1 tsp baking powder  
½ tsp baking soda  
½ tsp salt  
¼ cup sugar  
2 eggs, beaten  
1 cup milk  
½ tsp vanilla  
4 Tbsp melted butter  
4 Tbsp apricot jam

1. Preheat oven to 375 degrees F. Put muffin liners in a 12 muffin pan.
2. Combine dry ingredients in one bowl.
3. In another bowl, combine eggs, milk, vanilla and melted butter.
4. Combine wet and dry ingredients until just combined – don't over mix.
5. Put batter into muffin liners until half way filled.
6. Place a small spoonful of apricot jam in the middle of each muffin tin, keeping jam in the middle of the batter.
7. Finish filling each muffin with batter.
8. Bake 15-20 minutes, until toothpick inserted comes out clean.

### Jam Thumbprint Cookies

*Paired with peppers and hummus, dried apricots, dried coconut, cheese, cashews, and bread stick*

1 cup butter, softened  
¼ cup brown sugar  
1 egg, separated  
1 tsp vanilla extract  
1 cup flour  
1 tsp salt  
¼ cup finely chopped walnuts  
½ cup jam

1. Preheat oven to 300 degrees F. Grease 2 cookie sheets.
2. Separate egg. Cream butter, sugar and egg yolk.
3. Add vanilla, flour and salt, and mix well.
4. Shape into small balls. Roll each ball in egg white, then walnuts. Place on cookie sheet a few inches apart. Bake for 5 minutes.
5. Remove from oven. With thumb, press a dent into each cookie. Place a small amount of jam in each thumbprint. Bake for another 8 minutes.





# K

## is for Kale

### Ingredients

1 bunch kale, washed and dried  
3 Tbsp olive oil  
½ tsp sea salt

### Kale Chips

*Paired with mozzarella balls, grape tomatoes, yogurt dipping sauce, dried pineapple, and chocolate chip cookie*

1. Preheat oven to 300 degrees F.
2. Remove stems from kale leaves. Cut or tear into 1 1/2 inch pieces of kale leaf.
3. Prepare baking pan with parchment paper.
4. Massage kale with 1 tablespoon olive oil, ensuring to get into all the curly creases! Lay flat on baking sheet.
5. Sprinkle with sea salt. Bake for 15-20 minutes.  
\*Begin monitoring at 15 minutes to ensure they don't burn!

### Kale & Kidney Bean Salad

*Paired with mango slices, and poppy seed cookies*

1 cups of kale, washed and trimmed  
1 Tbsp olive oil  
1 Tbsp honey  
1 Tbsp grain mustard  
1 Tbsp olive oil  
1 tsp red wine vinegar  
¼-½ tsp sea salt  
1 cup cooked quinoa  
½ cup kidney beans

1. Massage kale with 1 tablespoon olive oil.
2. Whisk honey, mustard, oil, vinegar, and salt together to create dressing.
3. Toss quinoa, kidney beans, and kale with dressing.

### Kale Pesto on Pasta

*Paired with salami slices*

2 cups kale, washed and trimmed  
¼ cup parmesan cheese  
¼ cup walnuts  
1 clove garlic  
¼ cup olive oil  
Sea salt, to taste

1. Combine in a food processor.
2. Toss with your favorite pasta (or veggies!)

### User Tips:

Salad, stuffed in lasagna or meatballs, and can be made into chips with whatever seasoning you desire.  
- @packedandloaded







# is for Kiwi

## Ingredients

1 kiwi

### Kiwi Flowers

*Paired with sunflower seed, yogurt, baby carrots, chicken nuggets, ketchup and chocolate kisses.*

1. Using a small paring knife, cut into center of kiwi with a zig zag pattern.
2. Carefully split open.

#### User Tips:

Cut kiwi in half with a v-shaped bento cutter to create a kiwi flower.

- Nina from mamabelly.com

### Kiwi Salsa

*Paired with corn chips and avocado*

1 kiwi  
 1 small mango  
 1 small red pepper  
 1/2 red onion  
 1 Tbsp lime juice  
 1 Tbsp olive oil  
 1/2 tsp cumin  
 Salt and pepper

1. Chop kiwi, mango, red pepper and onion into very small, evenly sized pieces.
2. Combine with lime juice, olive oil and cumin. Add salt and pepper to taste.

### Kiwi Strawberry Salad

*Paired with wontons, soy sauce and pistachios*

Baby spinach  
 Kiwi  
 Strawberries  
 Goat cheese  
 Sliced almonds

1. Combine salad ingredients, choosing the amount of each ingredient that works for you.
2. Serve with honey mustard dressing.

Honey mustard dressing

Hidden Ingredient: 2







# is for Lemon

## Ingredients

2 eggs, yolks and whites separated  
 Zest & juice from 2 Meyer lemons  
 2 Tbsp + 2 tsp sugar  
 3/4 cup almond flour  
 ground almonds  
 1/2 tsp baking powder  
 1/4 tsp baking soda  
 pinch of salt

### Lemon Loaf

*Paired with citrus salad, edamame*

1. Preheat your oven to 325 degrees F. Lightly grease 2 small loaf pans.
2. Whip the egg whites with the pinch of salt until they start foaming. Sprinkle 2 teaspoons of sugar into the egg whites. Soft peaks will form.
3. Beat the yolks. Add the zest, juice, and 2 tablespoons of sugar. Mix. Add the ground almonds, baking powder, and baking soda.
4. Fold egg whites into yolk mixture a little at a time.
5. Pour the batter into your prepared pan and bake for 25-30 minutes until toothpick comes out clean.
6. Remove from the oven and cool.

### Lemon & Coconut Rice

*Paired with rice paper wrap*

1 cup brown jasmine rice  
 1 cup coconut milk  
 1 cup water  
 Dash of salt  
 1/4 cup lemon juice  
 Zest of 1 lemon

1. Combine rice, coconut milk, water, and salt in a pot.
2. Bring to a boil, cover, and simmer for 35- 40 minutes until rice is done. Let cool.
3. Mix rice with lemon juice and lemon zest.

### Lemon Potatoes

*Paired with lox and cream cheese cucumber rolls, tomato slices, shortbread, lemon jelly beans*

1 lb new potatoes  
 1 Tbsp olive oil  
 1 clove garlic, minced  
 1 lemon, juiced and zested  
 1 tsp oregano

1. Preheat oven to 375 degrees F.
2. Heat olive oil in a sauté pan. Add garlic and let cook for 2 minutes. Add lemon juice, potatoes, salt. Let cook for 3-5 minutes.
3. Transfer to a baking pan and bake for 15-20 minutes.
4. Let cool and add oregano and zest.







# is for Lentils

## Ingredients

- 1 cup cooked lentils, partially smashed
- 1 cup bread crumbs
- 1 cup shredded mozzarella cheese
- ¼ cup tomato paste
- 1 egg
- 2 cloves garlic, minced
- 2 Tbsp minced onion
- 2 Tbsp chopped fresh parsley
- 1 tsp dried oregano
- ¼ tsp sea salt

## Lentil Balls

*Paired with banana chips and almond butter*

1. Preheat oven to 400 degrees F.
2. Grease a baking pan with olive oil or cooking spray.
3. Combine ingredients in a bowl. Mix well.
4. Scoop out 2 Tbsp and form round balls.
5. Bake for 20 minutes, turning the balls halfway through.



- 1 red pepper
- 1 cup cooked lentils
- 1 cup cooked rice
- 1 cup shredded Mexican cheese
- ¼ cup diced tomatoes
- 2 Tbsp minced onion
- 1 clove garlic, minced
- ¼ tsp cumin
- ¼ tsp smoked paprika

## Lentil Stuffed Pepper

*Paired with black bean taquitos and sliced pear*

1. Cut pepper in half and brush with olive oil. Place on baking sheet and roast for 10 minutes at 400 degrees F.
2. Mix all other ingredients in a bowl.
3. Stuff pepper and bake for 10 minutes. Sprinkle with additional cheese and bake for 2 more minutes.



- 1 cup cooked lentils
- 2 Tbsp pomegranate seeds
- 1 beet, chopped
- 2 Tbsp chopped walnuts
- 1 Tbsp chopped fresh parsley
- 1 tsp balsamic vinegar
- 2 tsp olive oil

## Lentil Salad

*Paired with hummus, croutons, cucumber slices, and olives*

1. Combine all ingredients.

Hidden Ingredient: 0





# M is for Mushroom

## Ingredients

4 portobello mushrooms  
 Olive oil  
 2 cups chopped spinach  
 1 cup ricotta cheese  
 2 cloves garlic, minced  
 ½ tsp sea salt  
 ¼ cup breadcrumbs  
 2 Tbsp olive oil

### Stuffed Portobello Mushroom

*Paired with caramel corn*

1. Preheat oven to 400 degrees F.
2. Brush mushroom caps and gills with olive oil. Roast 10-12 minutes.
3. Combine spinach, ricotta, garlic, and salt to make filling. Scoop filling into cap. Bake for 10 minutes.
4. Mix breadcrumbs with olive oil and sprinkle over caps. Bake for another 5 minutes.

### Mushroom and Mint Salad

*Paired with sliced peppers, melon with mint, vegetable meatballs, gummy*

½ pound white mushrooms, sliced thin  
 2 Tbsp olive oil  
 1 Tbsp fresh lemon juice  
 ¼ cup chopped mint  
 Sea salt, to taste

1. Combine ingredients.

### Creamy Mushroom Gnocchi

*Paired with chicken nuggets, berries*

2 Tbsp olive oil  
 3 cloves garlic, chopped  
 8 oz baby bella mushrooms, sliced  
 ½ tsp sea salt  
 1 Tbsp flour  
 ¾ cup milk (any kind!)  
 1 cup gnocchi

1. Heat olive oil in a pan over medium heat. Add garlic and let cook for 2 minutes.
2. Add mushrooms and salt and cook until softened, 5-8 minutes.
3. Add flour and mix, allowing flour to brown for 5 minutes. While thoroughly mixing, add milk.
4. Add in gnocchi.



Hidden Ingredient: 3





# M is for Muffin

## Ingredients

- 2 cups flour
- 1 cup sugar
- 2 tsp baking soda
- 2 tsp cinnamon
- ¼ tsp salt
- 2 cups shredded carrots
- ½ cup raisin
- ½ cup walnuts, chopped
- ½ cup unsweetened coconut
- 1 apple, peeled and shredded
- 3 eggs
- ½ cup melted butter or oil
- 2 tsp vanilla

### Harvest Muffin

*Paired with raspberries and mango*

1. Preheat oven to 350 degrees F. Grease 12 muffin cups or line with liners.
2. Mix flour, sugar, baking soda, cinnamon and salt. Then stir in carrots, raisins, nuts, coconut and apple.
3. In separate bowl, beat together eggs, oil/butter and vanilla. Combine wet and dry until just combined – do not over mix.
4. Pour into prepared muffin cups.
5. Bake in preheated oven for 20 minutes, until testing toothpick comes out clean.

#### User Tips:

Make and freeze individually wrapped muffins on the weekend and pull them out of the freezer for a quick lunch item during the week.

– @sarahmakeslunch

### Cornbread Muffins

*Paired with veggie chili, shredded cheese and sour cream*

- 1 cup cornmeal
- 1 cup flour
- ¼ cup sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 1 egg, beaten
- ¼ cup melted butter or oil
- 1 cup milk

1. Preheat oven to 400 degrees F. Grease 12 muffin cups or line with liners.
2. Mix cornmeal, flour, sugar, baking powder and salt.
3. Add egg, oil and milk – stir to gently combine – do not over mix.
4. Pour into prepared muffin cups.
5. Bake in preheated oven for 15-20 minutes, until testing toothpick comes out clean.

### Pizza Mummy Muffins

*Paired with plantain chips, garbanzo beans, cucumber slices, macarons and an olive*

- English muffins
- Tomato sauce
- String cheese
- Black olives

1. Place English muffins on baking tray.
2. Add some tomato sauce.
3. Pull long strands of string cheese, and place in a design that looks like a mummy. Add black olives for eyes.
4. Bake in toaster oven until cheese starts to melt.

Hidden Ingredient: 4







# is for Nori

## Ingredients

8 cups popped popcorn  
 4 Tbsp melted butter  
 ½ tsp sea salt  
 3 nori sheets  
 2 Tbsp toasted sesame seeds

### Nori Popcorn

*Paired with nectarine, nori sheets, edamame and chocolate covered blueberries*

1. Toss popcorn with butter and salt.
2. Process the nori and sesame seeds in a food processor.
3. Toss with buttered popcorn.



1 egg  
 1 Tbsp milk or cream  
 Dash of sea salt  
 1 teaspoon sesame oil

### Egg and Nori Rolls

*Paired with watermelon*

1. Whisk egg with cream and salt.
2. Heat oil in a medium nonstick pan over low heat. Pour egg mix into pan evenly. Let cook 1-2 minutes.
3. Carefully slide egg "pancake" onto a clean surface.
4. Place nori sheet inside and top with favorite fillings.
5. Tightly roll pancake and slice into 1 inch pieces.



1 can albacore tuna  
 2 Tbsp mayonnaise  
 1 tsp Sriracha hot sauce  
 Dash sea salt  
 1 sheet nori  
 6-8 thin sliced cucumber  
 6-8 thin sliced avocado

### Nori Tuna Wrap

*Paired with edamame, peanut noodles, sesame slaw*

1. Combine tuna with mayonnaise, hot sauce, and salt in a bowl.
2. Spread tuna on nori sheet evenly, leaving 1 inch uncovered on one side.
3. Cover tuna with cucumber slices, followed by avocado slices. Roll, starting from the side with filling. Using slightly wet fingers, seal closed.
4. Cut in half on the diagonal.

Hidden Ingredient: 2





# is for Noodles

## Ingredients

- 3 Tbsp vegetable broth
- 2 Tbsp white vinegar
- 1 Tbsp soy sauce
- 1 tsp chili paste
- 2 Tbsp brown sugar
- 4 oz rice noodles, cooked
- 1 carrot, chopped
- ½ cup chopped broccoli
- ½ cup peanuts
- ½ cup sautéed tofu
- ¼ cup cilantro and green onions, chopped

## Veggie Pad Thai

*Paired with oranges*

1. Combine broth, vinegar, soy sauce, chili paste and brown sugar in bowl and whisk to combine.
2. Pour over cooked rice noodles.
3. Sauté carrot and broccoli.
4. Mix all ingredients together, and top with cilantro and onions.

### User Tips:

Sautéed veggies + noodle and wrap it with rice roll  
- @Mommamas\_gang

## Sweet Potato Noodles with Parmesan

*Paired with hardboiled egg, kiwi, rice crackers and gummy candies*

- 2 large sweet potatoes
- 2 Tbsp olive oil
- 2 Tbsp grated parmesan
- Salt and pepper

1. Clean and peel the sweet potatoes. Cut into chunks that will fit in a spiralizer. Process through spiralizer.
2. Sauté in a fry pan in olive oil for a few minutes, until tender. Do not overcook.
3. Top with grated parmesan and salt and pepper.

## Summer Rolls with Rice Noodles

*Paired with nectarines, pistachios and peanut sauce*

- Rice Paper
- Mixed lettuces
- Edible flowers
- Cooked rice noodles
- Red peppers, seeded and sliced

1. Soak rice paper in water for about 30 seconds, until just soft.
2. Place ingredients inside paper, being careful not to overfill.
3. Fold sides in, roll up paper, sealing with water.



Hidden Ingredient: 1





# is for Oats

## Ingredients

- ½ cup oats
- ½ cup Greek yogurt
- ¼ cup milk of choice
- 2 Tbsp cocoa powder
- 2 Tbsp honey

### Overnight Chocolate Oats

*Paired with hasselback sweet potato, orange slices, pineapple and pomegranate, orange gummy*

1. Mix ingredients together thoroughly.
2. Refrigerate overnight.

### Oat & Coconut Clusters

*Paired with turkey wrap*

- ½ cup melted coconut oil
- ½ cup light brown sugar
- 1 egg
- 2 cups oats
- 1 ½ cups coconut flakes

1. Preheat the oven to 350 degrees F.
2. Mix coconut oil, sugar and egg. Add oats and then coconut.
3. Scoop out 2 Tbsp at a time. Use your hands to press mixture together.
4. Place on a silicone baking sheet and bake for 12 minutes. Cool. Store in an airtight container.

### Oat Bread

*Paired with Spring salad and olive tapenade*

- 2 1/3 cup flour
- 2 tsp baking powder
- ¼ tsp baking soda
- 1 cup oats
- 1 cup yogurt
- 1 egg
- ¼ cup melted coconut oil
- ¼ cup honey
- 1 tsp salt
- ¾ cup milk

1. Preheat oven to 375 degrees F.
2. Mix dry ingredients together in a large bowl.
3. In a separate bowl, mix oats with yogurt, egg, oil, honey, and salt. Stir in milk.
4. Stir wet ingredients into dry ingredients.
5. Pour into greased loaf pan and bake for 40-50 minutes until toothpick comes out clean.
6. Let cool.



Hidden Ingredient: 2





# is for Orzo

## Ingredients

1/2 cup crushed roasted tomatoes  
 2 Tbsp fresh ricotta  
 1 cup cooked orzo

### Creamy Red Orzo

*Paired with meatballs, orange, and blackberries*

1. Process tomatoes and ricotta in food processor.
2. Mix orzo with red puree.
3. **Optional:** Top with chopped parsley or basil.

### Orzo Pudding

*Paired with cheddar cheese and apple, kale and cauliflower salad, lentil twists, and licorice treat*

1 cup orzo  
 3 1/2 cups milk  
 Dash sea salt  
 1 egg  
 1 egg yolk  
 1/3 cup sugar

1. Combine orzo, milk, and salt in a saucepan. Whisking often, cook 12-15 minutes until orzo is cooked through.
2. Whisk egg and sugar mixture into orzo. Let thicken 3-4 minutes.
3. \*Optional- garnish with cinnamon and chopped pistachio

### Mediterranean Orzo Salad

*Paired with turkey bacon wrapped asparagus*

1 cup cooked orzo  
 1 Tbsp olive oil  
 Juice of 1/2 lemon  
 1/4 cup chopped cucumber  
 1 Tbsp chopped red onion  
 2 Tbsp crumbled feta cheese  
 6-8 cherry tomatoes, halved  
 Sea salt

1. Combine ingredients.

Hidden Ingredient: 1







# P is for Peas

## Ingredients

Snap peas  
Sour cream  
Dried dill

### Snap Peas with Creamy Dill Dip

*Paired with popcorn*

1. Combine sour cream and dried dill to taste, using the amounts that work for you.
2. Serve with snap peas.

### Spring Pea Pancakes

*Paired with pancakes, raspberries and papaya, pretzels*

8 oz frozen peas, thawed  
3 Tbsp flour  
½ tsp salt  
1 tsp curry powder  
1 egg

1. Puree peas in a blender.
2. In separate bowl, combine flour, curry powder, salt, and baking powder and gradually mix in egg. Then add in pea mixture.
3. Add oil to a sauté pan and pour in batter into small pancakes. Cook until you see bubbles forming around edges, then flip and cook other side until brown.

### Pesto Pasta with Peas

*Paired with peaches and pistachios*

Penne pasta  
Pesto sauce  
Cooked peas  
Pecorino cheese  
Pine nuts, toasted

1. Combine all ingredients, choosing the amount of each ingredient that work for you.

#### User Tips:

Pack frozen peas in your PlanetBox the night before and they will thaw overnight in the fridge. By lunch time the next day, the peas will still be cool and have a nice bright green color

- @sarahmakeslunch







# P is for Pasta

## Ingredients

- 1 Tbsp olive oil
- 2 tsp red wine vinegar
- 1 tsp dried oregano
- Dash of sea salt
- 1 cup cooked pasta
- 4 slices pepperoni, chopped
- 2 Tbsp chopped cucumber
- 5 grape tomatoes, halved
- 2 Tbsp chopped roasted red pepper
- ¼ cup shredded Mozzarella cheese

### Pepperoni Pasta

*Paired with pretzels, tomato slices, papaya, and white chocolate square*

1. Whisk oil, vinegar, oregano, and salt together to make a dressing.
2. Toss ingredients together with dressing.



- 1 ½ cups cooked pasta
- 1 Tbsp olive oil
- 1 tsp minced garlic
- 1 Tbsp chopped onion
- ⅓ cup pumpkin purée
- 2 Tbsp mascarpone cheese
- Dash of sea salt

### Pumpkin Pasta

*Paired with sausage & apple bites, cherries*

1. Heat olive oil in a small pan. Add garlic and onion and let sauté for 5 minutes. Add pumpkin puree and mascarpone.
2. Mix and let simmer for 3-4 minutes.
3. Toss with cooked pasta.
4. Garnish with pumpkin seeds.

- 1 Tbsp olive oil
- 1 Tbsp mayonnaise
- Dash of sea salt
- 1 cup cooked pasta
- ¼ cup chopped grilled chicken
- 6 grapes, halved
- 2 Tbsp chopped walnuts
- Dash of black pepper

### Waldorf Pasta Salad

*Paired with cucumber slices, red pepper dip*

1. Whisk olive oil, mayonnaise, and salt together to make a dressing.
2. Toss ingredients together with dressing.







# is for Quinoa

## Ingredients

Baby spinach  
 Cooked quinoa  
 Shredded cheese  
 Purple cabbage, shredded  
 Red peppers, diced

### Rainbow Quinoa Salad

*Paired with spinach quiche and strawberries*

1. Combine ingredients in amounts that work for you, creating ribbons of color if desired.

### Quinoa Patties

*Paired with greens and pineapple*

1 cups cooked quinoa  
 1 sweet potato, mashed  
 2 eggs  
 Salt and pepper

1. Combine all ingredients.
2. Shape into patties and cook in a well-oiled sauté pan until crispy on both sides.

### Quinoa Stuffed Sweet Potato Boats

*Paired with blueberries and pomegranate seeds, pretzels, peppers and cookie*

Filling:  
 1 cup cooked quinoa  
 ¼ cup shredded cheese  
 ¼ cup pinto beans, cooked  
 Parsley, chopped  
 Salt and pepper

1 baked sweet potato

#### User Tips:

Served best with variety of vegetables and a dressing of olive oil, squeezed lemon, and a pinch of salt.

- @a\_mom\_in\_love







# is for Quark

## Ingredients

½ cup quark  
 1 tsp fresh lemon juice  
 1 Tbsp powdered sugar  
 ½ pint raspberries

### Raspberry Quark Mousse

*Paired with spinach pocket and sweet potato dinosaurs*

1. Combine quark with lemon juice and sugar.
2. Add 6-8 raspberries and mash into quark as you mix.
3. Chill.
4. Add additional raspberries for serving.

### Quark & Lox Spread

*Paired with celery sticks, mac n cheese, pretzels, and cranberry cookie*

½ cup quark  
 2 Tbsp lox, chopped  
 1 clove garlic, minced  
 1 tsp dill  
 Sesame seeds for garnish

1. Combine ingredients well.

### Quark Pancakes

*Paired with maple syrup and apricots*

¼ cup quark  
 1 egg, separated  
 1 Tbsp sugar  
 ½ cup milk  
 ½ tsp vanilla  
 ½ cup flour  
 1 tsp baking powder  
 1 Tbsp melted butter +  
 extra butter  
 Dash of salt

1. In a medium bowl, combine quark with egg yolk, sugar, milk, and vanilla.
2. Mix in flour and baking powder. Fold in butter.
3. In a separate bowl, whisk egg white with salt until foamy.
4. Fold egg white into batter.
5. Melt butter in pan. Scoop out 1 Tbsp of batter to create mini rounds. Cook on one side for 3-4 minutes (until it puffs up). Flip. Cook on other side 3-4 minutes.

#### User Tips:

Spread on pumpernickel and top with salt, pepper and red peppers - perfect snack.

- Nina from mamabelly.com





# R

## is for Rice

### Ingredients

1 rice cake  
2 Tbsp fresh ricotta  
½ peach, sliced thin  
Honey

### Rice Cakes with Ricotta, Peach, and Honey

*Paired with rice crackers, pepperoni slices, red peppers, spicy hummus, pumpkin seeds, and crispy rice treat*

1. Spread ricotta over rice cake.
2. Top with peach slices and drizzle of honey.

#### User Tips:

A scoop of rice pudding topped with cinnamon in the Dipper makes the perfect dessert.

– @KBQsurfs

### Sprouted Rice Pilaf

*Paired with radicchio salad*

1 Tbsp olive oil  
1 clove garlic, minced  
2 Tbsp minced onion  
1 small carrot, diced  
1 cup sprouted rice (or any rice of choice)  
¼ cup raisins  
2 Tbsp sliced almonds

1. Heat oil in a small pot. Add garlic, onion, and carrot. Let cook for 5 minutes.
2. Add rice and raisins. Mix.
3. Add 2 cups water. Bring to a boil, cover, and lower heat. Let cook for 35-40 minutes, depending on type of rice used.
4. Toss in sliced almonds.

### Green Cauliflower Rice

*Served with pulled pork, radish, fresh corn salad, and watermelon*

1 Tbsp olive oil  
1 clove garlic, minced  
1 ½ cup (store bought) cauliflower rice  
2 Tbsp chopped cilantro  
1 lime, zested and juiced  
Dash of sea salt

1. Heat olive oil in a pan. Add garlic and sauté for 3 minutes.
2. Add cauliflower and sauté for 6-8 minutes.
3. Mix in cilantro, lime juice and zest, and sea salt.



Hidden Ingredient: 5





# is for Romaine

## Ingredients

2 slices bacon  
 1 small head romaine heart, chopped and rinsed  
 6 grape tomatoes, halved  
 Sliced red onion

### Romaine BLT

*Served with ranch dressing, vegetable risotto, stuffed grape leaves*

1. Lay bacon flat on baking sheet and bake for 15 minutes at 400 degrees F.
2. Arrange bed of lettuce in lunchbox and top with remaining ingredients.
3. Serve with ranch dressing.

### Romaine Fried Rice

*Served with raspberries, cauliflower florets, shumai dumplings, and candied chocolates*

1 Tbsp olive oil  
 1 cup leftover rice  
 ¼ cup carrots, shredded  
 ¼ cup fresh peas  
 1 Tbsp soy sauce  
 ½ cup shredded romaine lettuce

1. Heat oil in pan. Saute onion and garlic for 2 minutes.
2. Add rice and cook for 2 minutes, while mixing.
3. Add carrots, peas, and soy sauce and let cook for 5 minutes.
4. Toss with romaine.

### Romaine Mini Pizzas

*Served with Caesar dressing, radishes*

1 slice garlic naan bread  
 ¼ cup shredded mozzarella cheese  
 ¼ cup shredded romaine lettuce  
 5 grape tomatoes, diced  
 1 Tbsp diced red onion  
 1 Tbsp Caesar dressing

1. Cut naan into quarters and toast.
2. Sprinkle cheese on naan and melt.
3. Top naan with remaining ingredients.

Hidden Ingredient: 4







# S is for Squash

## Ingredients

Roasted butternut squash cubes  
 White rice  
 Black beans  
 Red pepper, cut  
 Large spinach tortilla

### Butternut Squash Wrap

*Paired with sausage and mustard*

1. Combine all ingredients inside a spinach tortilla and roll.

#### User Tips:

Roasted and pureed winter squash - like butternut - is a great addition to pancakes, muffins and waffles. It adds a lovely sweetness and color as well as a good serving of a delicious vegetable!

- @Aviva Wittenberg

### Spaghetti Squash Spaghetti

*Paired with salmon and strawberries*

1 spaghetti squash  
 ½ cup tomato sauce  
 ¼ cup parmesan cheese

1. Heat oven to 400 degrees F.
2. Slice squash lengthwise and scoop out seeds. Drizzle halves with olive oil and place cut side down on a baking sheet and roast until tender, about 50 minutes.
3. Use a fork to scrape out "spaghetti."
4. Top with sauce and cheese.

### Yellow Squash "Fishies"

*Paired with edamame, rice crackers, cucumber sushi, and a gummy candy*

Yellow "crookneck" squash  
 Olive oil

1. Preheat oven to 400 degrees F.
2. Wash squash and cut in half lengthwise. Make several slits in the "tail" and carefully make diagonal slits in both directions about 1-inch apart.
3. Lightly oil a baking pan and brush a little oil. Bake for about 30 minutes, or until soft







# S is for Spinach

## Ingredients

- 1 package frozen chopped spinach
- 1 Tbsp olive oil
- 2 garlic cloves, minced
- ½ cup crumbled feta cheese
- 2 eggs
- 1 tsp sea salt
- 1 sheet thawed puff pastry
- 1 Tbsp flour

## Spinach Swirls

*Paired with candied orange slices*

1. Preheat oven to 400 degrees F.
2. Thaw and squeeze dry frozen spinach.
3. Heat oil in pan and add garlic. Let sauté for 3 minutes. Add spinach. Let cook 5 minutes. Cool.
4. Mix cheese, 1 egg, and salt with spinach mixture.
5. Sprinkle workspace with flour. Roll out pastry dough onto workspace.
6. Spread spinach filling onto entire surface of pastry. Starting from one end, roll into a cylinder. Cut 1 inch slices and place onto a nonstick baking pan. Whisk one egg and baste the outside of each spiral with egg wash. Bake for 20-25 minutes.

## Spinach Dip

*Served with breadstick, sugar snap peas, sausage in lettuce cup, and coffee toffee cookie*

1. Thaw and squeeze dry frozen spinach.
2. Heat oil in a saucepan. Add garlic and sauté for 3 minutes.
3. Add remaining ingredients until mixed thoroughly. Let cool before serving.

## Spinach and Strawberry Salad

*Served with apple slices and sunflower seed butter, snickerdoodles*

1. Mix first 4 ingredients to make dressing.
2. Arrange salad as desired.

### User Tips:

Spinach works great with most sandwich fillings it adds a great color, nutritious value and texture yet very subtle flavor that your picky eater won't notice.

- @a\_mom\_in\_love

Add a handful of spinach to any muffin recipe for a boost of vitamins. Blend in with liquid ingredients and just add to batter.

- @Srunsforcake

Add spinach to mini muffins and call them "Hulk muffins."

- @blooballoon







# is for Tomato

## Ingredients

3 tomato slices ½ inch  
 1 Tbsp olive oil  
 3 Tbsp grated Parmesan  
 cheese  
 Bun of choice

### Baked Parmesan Tomato Sandwich

*Served with turkey roll ups*

1. Preheat oven to 400 degrees F.
2. Place tomato slices on nonstick baking sheet. Sprinkle with olive oil.
3. Pour 1 tablespoon cheese over center of each slice. Bake for 20 minutes. Stack into bun.

### Sun Dried Tomato Tart

*Served with tater tots, ketchup, tomatoes, campfire bark, and taffy*

½ Tbsp olive oil  
 ½ sweet onion, sliced  
 1 cup fresh spinach,  
 chopped  
 ¼ cup sundried tomatoes  
 in oil, chopped  
 ½ tsp sea salt  
 ¼ cup heavy cream  
 ½ Tbsp Dijon mustard  
 2 Tbsp shredded  
 mozzarella cheese  
 1 egg, whisked  
 1 sheet puff pastry,  
 thawed

1. Preheat oven to 450 degrees F.
2. Heat olive oil in sauté pan. Add onion and let cook on low heat for 25-30 minutes until caramelized.
3. Add spinach and sundried tomatoes. Season with salt. Let cook 2-3 minutes.
4. Take mixture off stove and add cream, Dijon, mozzarella, and egg. Mix.
5. Spread puff pastry onto lined baking pan. Fill center of pastry with filling, leaving 1 inch boarder. Brush border with egg wash.
6. Bake for 20 minutes. Let cool before slicing.

### Tomato & Peach Salad

*Served with tortilla chips, tomatillo salsa, and tofu*

Dressing:  
 1 Tbsp olive oil  
 1 tsp honey  
 Juice of 1/2 lime

8-10 mini heirloom  
 tomatoes, halved  
 1 small peach, chopped  
 6 mint leaves, minced  
 Red onion slices, optional

Hidden Ingredient: 6







# T is for Tuna

## Ingredients

1 can tuna, drained  
 ½ avocado, mashed  
 Juice of ½ lime  
 Dash of sea salt  
 Shredded cabbage (tossed in olive oil, lemon juice, and sea salt)  
 Cilantro

¼ pound tagliatelle, cooked  
 1 Tbsp olive oil  
 1 garlic clove, minced  
 ¼ cup heavy cream  
 2 Tbsp grated parmesan cheese  
 Juice of ½ lemon  
 ½ can tuna, drained

1 can tuna, drained  
 1 Tbsp hot sauce  
 1 Tbsp Cajun seasoning  
 ½ tsp sea salt  
 2 Tbsp mayonnaise  
 ¾ cup breadcrumbs + 2 Tbsp  
 4 green onion, sliced thinly  
 1 egg  
 1 Tbsp olive oil

Hidden Ingredient: 7

## Tuna Tacos

Served with mushroom turnovers, trail mix, truffle, tangerine, and strawberries

1. Mix together ingredients.
2. Fill soft corn tortilla with tuna filling.
3. Top with simple dressed slaw and cilantro.

## Tuna Tagliatelle

Served with cucumber moons and avocado

1. Heat olive oil in a sauté pan. Add chopped garlic and let cook 2 minutes.
2. Add cream, parmesan, lemon and tagliatelle. Toss.
3. Add tuna. Top with ground pepper.

## Tuna Cakes

Served with tartar sauce and tabbouleh salad

1. Combine all ingredients in a bowl (except 2 tablespoons additional breadcrumbs) and mix well.
2. Heat oil in pan. Scoop ¼ cup mixture and shape into a patty.
3. Dredge in remaining breadcrumbs and place into hot pan. Let cook 4 minutes and flip. Let cook another 4 minutes until browned on both sides.

### User Tips:

Add a bit of taco seasoning into the tuna salad - changes up the flavor and color!

- @Casey2Cook







## is for Udon

### Ingredients

- 1 bundle udon, cooked
- 2 Tbsp butter
- 1 Tbsp yellow miso paste
- Dash of sea salt
- Shaved parmesan cheese
- 1 green onion, chopped

### Brown Butter Udon

*Served with dried green bean chips, lemon crackers, and mango yogurt topped with coconut*

1. Melt butter on low heat. Let cook until it begins to brown and become fragrant.
2. Mix in miso and sea salt. Add udon and toss.
3. Serve with shaved parmesan and chopped green onion.



- 1 bundle udon, cooked
- 1 Tbsp sesame seeds
- 1 cup chopped butternut squash
- 1 Tbsp olive oil
- Dash sea salt
- Dressing:
  - 2 Tbsp tahini
  - 1 Tbsp ea. honey, mirin, and soy sauce
  - 1 inch piece ginger, peeled and minced
  - 1 garlic clove, minced

### Udon with Butternut Squash

*Paired with sprouted peas, hard-boiled egg, cereal bar, and mini chocolate chip cookies*

1. Preheat oven to 400 degrees F.
2. Toss squash in olive oil and salt. Place squash on sheet pan and roast squash for 15-20 minutes.
3. Add dressing ingredients to a blender or food processor and blend until combined.
4. Toss with udon, butternut squash, and sesame seeds.



- 1 bundle udon, cooked
- 1 Tbsp sesame oil
- 1 garlic clove, minced
- 1 inch piece of ginger, peeled and minced
- ½ cup mixed mushrooms of choice
- 1 Tbsp soy sauce
- 1 Tbsp balsamic vinegar

### Mushroom Udon

*Paired with chili and lime spiced jicama*

1. Heat oil in pan. Add garlic and ginger and cook for 3 minutes.
2. Add mushrooms, soy sauce, and balsamic vinegar.
3. Sauté for 8-10 minutes.
4. Toss with udon.

Hidden Ingredient: 0





# is for Umeboshi

## Ingredients

- 1 tsp umeboshi paste
- 1 tsp sugar
- 2 Tbsp mirin
- ½ cucumber, sliced thin
- ½ carrot, sliced thin

### Umeboshi Dressing over Carrots and Cucumber

*Paired with baby corn, teriyaki jerky, banana chips, coconut strips, and chocolate covered cacao nibs*

1. Whisk together umeboshi, sugar, and mirin.
2. Toss in cucumber and carrot.

### Umeboshi Rice

*Paired with coconut shrimp*

- 1 cup cooked brown jasmine rice
- 2 tsp umeboshi paste
- 1 tsp rice vinegar
- ½ avocado, sliced
- ¼ piece nori, crumbled

1. Toss rice with umeboshi and rice vinegar.
2. Top with avocado and nori.

### Umeboshi Wings

*Paired with melon and toaster pops*

- Marinade:
- 1 tablespoon umeboshi paste
  - 1 Tbsp honey
  - 1 Tbsp soy sauce
  - 2 Tbsp mirin
  - 2 Tbsp vegetable oil
  - 6 chicken wings

1. Preheat oven to 375 degrees F.
2. Mix ingredients marinade ingredients. Toss wings in marinade.
3. Spread wings on a baking sheet and bake for 10 minutes. Baste, and bake for another 10 minutes.
4. **Optional:** Sprinkle with sesame seeds.







# is for Veggies

## Ingredients

Carrots, peeled  
Zucchini  
Cream cheese

### Carrot and Zucchini Spirals

*Paired with hardboiled egg and pepperoni*

1. Lay washed carrots and zucchini flat on a cutting board, and with a peeler create long thin strips lengthwise.
2. Spread an even layer of cream cheese on a zucchini strip, then cover with a carrot strip.
3. Roll into tight rolls.

### Rainbow Veggie Bread Casserole

*Mixed greens salad with vinaigrette, hummus and crackers*

1 Tbsp olive oil  
1 onion, diced  
1 red pepper, diced  
1 cup broccoli florets  
1 cup cauliflower florets  
6 eggs  
½ cup milk  
A loaf Italian bread, cut into cubes  
1 cup shredded cheese

1. Preheat oven to 370 degrees F. Grease a 9 x 9 inch baking pan.
2. Sauté vegetables in a sauté pan until cooked, but still firm.
3. Beat eggs, milk and cheese in a bowl.
4. Add bread and cooked veggies to baking pan. Pour egg mixture over the top, and press to combine.
5. Cover and bake for 30 minutes. Uncover and bake for additional 15 minutes.

### Veggie Pizza on the Grill

*Paired with cucumber "sandwiches", radish roses, grapes and a chocolate square.*

Premade pizza dough  
Cooked veggies of your choice  
Shredded cheese  
Olive oil  
Salt  
Fresh herbs

1. Place a pizza stone over half of an outdoor grill surface.
2. Roll out dough into round, and grease well on both sides. Transfer onto grill directly. Cook briefly on both sides.
3. Transfer partially cooked dough onto pizza stone, and add topping and cheese. Cook until done.
4. Remove pizza and add salt and fresh herbs.

#### User Tips:

Don't let broccoli stems go to waste! Peel outer later and add sticks to lunch.

– @happykidlunches

Let's be honest. Veggies are not usually a kids' number one favorite food. When I pack, I make sure and include one I KNOW my kids like, and then add others for them to try. Even if they only nibble, they are getting exposure and hopefully will at some point eat more.

– @bunchesolunches







**Ingredients**

# is for Vegetarian Meat

Vegetarian bacon  
Tomato  
Romaine lettuce  
Mayonnaise  
Bread

### Mock BLT

*Paired with pepper flowers and zucchini, chips, strawberries and vanilla wafer*

1. Fry bacon in a fry pan.
2. Construct sandwich.
3. Cut into thirds.

**User Tips:**

Vegetarian meat - like smoked tofu - is great not only in a sandwich or wrap but also wrapped around greens and other vegetables for a protein packed finger food.  
- @Aviva Wittenberg

### Veggie Sausage on Spaghetti

*Paired with cake and avocado*

Spaghetti  
Vegetarian sausage  
Tomato sauce  
Parmesan cheese  
Basil, chopped

1. Cook spaghetti.
2. Slice sausage and cook in a well-oiled fry pan.
3. Top spaghetti with sauce, sausage, cheese and basil.

### Veggie Burger

*Paired with veggie chips*

Vegetarian burger  
Lettuce  
Cheese  
Tomato  
Bun

1. Cook veggie burger in a well-oiled fry pan.
2. Construct burger with lettuce, tomato slice and cheese.

Hidden Ingredient: 3







# is for Watermelon

## Ingredients

- 2 cups seedless watermelon cubes
- ½ cup feta, cubed
- 2 Tbsp roasted pumpkin seeds
- 1 tsp chili lime seasoning
- 1 tsp fresh lime juice
- 1 Tbsp mint leaves chiffonade

### Spicy Watermelon Feta Salad

*Paired with waffles, meat and tomato skewers*

1. Combine watermelon, feta and pumpkin seeds.
2. Add lime juice and chili seasoning.
3. Top with mint chiffonade.

#### User Tips:

I like to use mini cookie cutters to cut watermelon into smaller, manageable pieces. Not only does it is easy and fast, but it adds visual interest to the lunch.

- @bunchesolunches

### Watermelon Skewers

*Paired with watercress and cheese and meat slices*

- Seedless watermelon
- Fresh mozzarella balls
- Blueberries

1. Cut watermelon into fun shapes – hearts, stars, whatever you want!
2. Alternate watermelon with mozzarella balls and blueberries to create fun skewers.
3. Blot excess liquid on a clean dishtowel.
4. Place on a bed of green.

### Bacon Wrapped Watermelon

*Paired with kiwi, peas, walnuts, lime and marshmallows*

- Seedless watermelon
- Cooked bacon strips
- Mint leaves

1. Cut watermelon into bite sized cubes.
2. Place a bacon strip on a cutting board. Place the watermelon cube and mint leaf inside, and roll up.
3. Serve with lime wedges.

Hidden Ingredient: 3







# is for Wrap

## Ingredients

Large tortilla wrap  
Turkey slices  
Tomato slices  
Avocado, sliced  
Goat cheese

### Turkey, Tomato and Avocado Wrap

*Paired with star chips, hardboiled egg, sunflower seeds, figs and gummy candies*

1. Place large tortilla wrap on cutting board.
2. Spread a thin layer of goat cheese on wrap.
3. Place all other ingredients inside.
4. Roll up, and cut.

### BLT Wrap

*Paired with red and green grapes*

Large tortilla wrap  
Tomato slices  
Cooked bacon  
Lettuce, washed

1. Place large tortilla wrap on cutting board.
2. Place all other ingredients inside.
3. Roll up, and cut.

### Rainbow Hummus Wrap

*Paired with cherries, blueberries and dried apple slices*

Large tortilla wrap  
Cheddar cheese slices  
Hummus  
Shredded carrots  
Shredded purple cabbage  
Lettuce

1. Place large tortilla wrap on a plate.
2. Place cheddar slices on top.
3. Microwave just until cheese starts to melt.
4. Place all other ingredients inside.
5. Roll up, and cut.

Hidden Ingredient: 0







# is for X-Tra Sweet

## Ingredients

**Frosting:**  
 8 oz cream cheese, softened  
 ¼ cup butter, softened  
 3 cups powdered sugar  
 1 beet  
 1 tsp vanilla  
 Vanilla cupcakes

Juice from ½ cup frozen blueberries  
 1 cup coconut milk  
 5 Tbsp maple syrup  
 1 Tbsp coconut butter  
 Pinch salt  
 1 cups unsweetened shredded coconut  
 ½ cup dark chocolate, melted

¼ cup butter  
 4 cups mini marshmallows  
 Pinch of salt  
 5 cups crisp rice cereal  
 Grape fruit leather  
 Swedish fish candy

Hidden Ingredient: 0

### Super Pink Cupcake

*Paired with salad, samosas and mango chutney*

1. Peel and chop a red beet. Boil in 4 Tbsp water until water is bright pink and reduced to about 2 Tbsp water. Set aside to cool.
2. Mix together cream cheese and butter in electric mixer.
3. Gradually add powdered sugar.
4. Add 2 Tbsp beet juice and vanilla, a little at a time, until frosting is fluffy and a good consistence for spreading.

### Vegan Coconut Pillows

*Paired with crackers and yogurt dip*

1. Place frozen berries in a bowl and allow to come to room temperature – remove most of the berries and reserve juice.
2. Place coconut milk, syrup, coconut butter and salt in saucepan. Heat on low until combined.
3. Remove from heat and stir in coconut and blueberry juice.
4. Press into greased loaf tin covered with parchment or wax paper, and freeze for 2 hours.
5. Slice into 12 bars and coat with chocolate. Freeze again for chocolate to set.

### Silly Sushi

*Paired with inari, veggie sushi, rice crackers and ginger*

1. Melt butter in large saucepan. Add marshmallows and stir until melted and combined. Remove from heat
2. Add cereal and salt, and stir until well coated. Allow to cool slightly.
3. Shape rice mixture into sushi base. Place Swedish fish on top.
4. Cut fruit leather into strips and wrap around sushi.







# is for X-Tra Silly

## Ingredients

Babybel™ cheese rounds  
Candy eyes

### Cheese Faces

*Paired with lettuce, carrots and tomatoes*

1. Remove wrappings on cheese and cut the red rind as desired.
2. Attach candy eyes.

### Apple Mouth

*Paired with grapes, hardboiled egg, cheese puffs and a gum ball.*

Green apples  
Cream cheese  
Nut butter  
Strawberries  
Sunflower seeds  
Candy eyes

1. Wash and quarter an apple.
2. Cut out the inside of a mouth in the center of the apple quarter.
3. Smear some cream cheese or nut butter on the inside of the mouth.
4. Slice a strawberry for the tongue.
5. Place sunflower seeds as the teeth.
6. Attach candy eyes with a little bit of cream cheese.

### Silly Sandwich

*Paired with grapes and tortilla chips*

Bread  
Cucumbers  
Black olives  
Carrots  
Cheddar cheese  
Candy eyes

1. Shave carrots with a peeler for the hair.
2. Cut cucumber into rounds for the eyes, and shave remaining cucumber for the tongue.
3. Cut cheese into nose and mouth.
4. Arrange a silly face!







# is for Yams

## Ingredients

- 1 medium yam, washed thoroughly
- 1 tablespoon olive oil
- 1 cup black beans
- ¼ teaspoon cumin
- ¼ teaspoon garlic powder
- Dash of sea salt
- ¼ cup shredded cheddar cheese

### Stuffed Yam

*Paired with mango salsa, cheese sticks wrapped with pepperoni, nonpareils*

1. Preheat oven to 400 degrees F.
2. Pierce yam with a fork in several spots. Loosely wrap in foil and bake for 45 minutes (until a fork can pierce softly). Cool and cut in half. Scoop out some filling from the center.
3. Heat olive oil in a pan. Add beans and seasoning. Cook for 2 minutes. Mix beans with scooped out yam filling. Re-fill yam halves.
4. Top with cheese and melt.

### Purple Yam Cookies

*Paired with a burrito*

- 2 medium purple yams, peeled and chopped
- 1 ½ cup flour
- 1 teaspoon baking powder
- ½ cup coconut oil
- ¼ cup brown sugar
- ¼ cup sugar
- ¼ teaspoon salt
- 1 egg
- ½ cup powdered sugar

1. Boil water and add yam chunks. Let boil for 10-12 minutes, until soft. Cool and mash.
2. Combine flour and baking powder.
3. Mix oil with sugars and salt. Mix in egg. Add 1 cup of the yam mash and mix well. Mix in flour. Wrap dough and let chill for at least 4 hours.
4. Preheat oven to 350°. Scoop 1 tablespoon of the dough and roll into powdered sugar. Line on a silicone mat and bake for 10-12 minutes.

### Yam Hash

*Paired with fruit and grain snacking rounds and cherries*

- 1 tablespoon olive oil
- 2 tablespoons chopped onion
- 1 medium yam, peeled and chopped into ½ inch pieces
- 1 sausage, removed from casing
- Handful of spinach
- Dash of sea salt

1. Heat olive oil in a pan. Add onion and cook for 3 minutes.
2. Add yam and let cook for 12 minutes. Mix to ensure even cooking.
3. Add sausage. Cook for 5 minutes. Add spinach and salt. Cook for 2 additional minutes.

Hidden Ingredient: 0







# is for Yogurt

## Ingredients

- 1 Tbsp butter
- ½ cup shredded cheddar cheese
- ½ cup milk
- ½ tsp cumin
- ½ tsp sea salt
- 1 cup yogurt
- ½ cup refried beans

### Yogurt Queso Dip

*Paired with tortilla curls, celery, and pepper sticks*

1. Heat butter in pan.
2. Melt cheese into butter. Add milk, cumin, and salt.
3. Take off the heat and mix in yogurt.
4. Spread beans into satellite dish. Top with yogurt queso.



### Blood Orange Chia Yogurt

*Paired with egg muffin sandwich, donut holes, cauliflower, ginger candy*

- ¼ cup blood orange juice
- 1 Tbsp honey
- 1 cup plain Greek yogurt
- ¼ cup chia seeds
- Blood orange slices
- 1 Tbsp chopped pistachios

1. Combine juice and honey.
2. Mix in yogurt and chia seeds. Refrigerate overnight.
3. Top with blood orange slices and chopped pistachios.

### Yogurt Chicken

*Paired with lentil rice*

- Marinade:
- 1 cup yogurt
  - ¼ cup parmesan cheese
  - 1 Tbsp olive oil
  - ½ tsp garlic powder
  - ½ tsp sea salt
  - Dash of paprika

1. Mix marinade ingredients together. Reserve 2 Tbsp for dipping.
2. Pour rest of marinade over chicken and marinate at least 1 hour (or overnight).
3. Heat olive oil in a pan. Place chicken pieces into pan, leaving enough room in between pieces. Cook on one side - about 4 minutes. Flip and cook another 4 minutes.

- 5-6 chicken tenders, cut into 1 inch pieces
- 1 Tbsp olive oil

#### User Tips:

You can mix it with a sweetened nut butter to make a dip

- *Natasha@packedandloaded*

Sprinkle hemp hearts + flaxseed + granola + drizzle

- *@Mommas\_gang*

I love to fill up the sides with Granola, berries and nuts to create a parfait. Keeping everything separate until you are ready to eat ensures nothing will get soggy.

- *@Mommas\_gang*







# is for Zucchini

## Ingredients

- 2 cups zucchini, grated
- 2 eggs, whisked
- 2 Tbsp milk
- 1/4 cup yogurt
- 1/4 cup olive oil
- 2 Tbsp sugar
- 1/8 tsp salt
- 1/4 tsp garlic powder (optional)
- 1 tsp minced fresh rosemary (optional)
- 1 1/2 cups flour
- 1/4 tsp baking powder
- 1/2 tsp baking soda

- 1 medium zucchini
- 3/4 cup ricotta cheese
- Juice and zest of 1/2 lemon
- 1 tsp minced garlic
- 1 tablespoon pine nuts
- Dash of sea salt

- 1 1/2 cups zucchini, grated
- 1 egg
- 1 tsp minced garlic
- 1/2 cup shredded cheese
- 1/3 cup breadcrumbs + 2 Tbsp
- 1/4 tsp sea salt
- 2 Tbsp olive oil

Hidden Ingredient: 0

## Savory Zucchini Bread

Paired with *herbed shrimp, baby carrots, cheddar crackers*

1. Preheat oven to 350 degrees F. Let grated zucchini rest for 10 minutes in a colander. Squeeze out excess water.
2. In a bowl, mix eggs, milk, yogurt, olive oil, sugar, and salt. (garlic powder and rosemary, if using).
3. In a separate bowl, combine flour with baking powder and baking soda.
4. Add zucchini to liquid ingredients. Mix in flour (do not overmix).
5. Pour into silicone mini loaf pans. Bake for 40 minutes - or until toothpick comes out clean.

## Zucchini Roll-Ups

Paired with *marinara sauce, root vegetable chips, tabbouleh*

1. Line a strainer with cheesecloth and add the ricotta. Cover with a heavy plate and let drain of excess moisture.
2. Peel zucchini lengthwise to create ribbons, passing over the same area. Once you reach the seeds, turn to the opposite side and repeat.
3. Mix ricotta, lemon, garlic, pine nuts, and sea salt.
4. Lie zucchini ribbons on a flat surface. Fill the center of each with the ricotta filling. Do not overfill!
5. Roll.

## Zucchini Tots

Paired with *raspberry yogurt pretzels*

1. Let grated zucchini rest for 10 minutes in a colander. Squeeze out excess water.
2. Combine ingredients in a bowl, except additional 2 Tbsp breadcrumbs.
3. Heat a pan over medium heat. Add oil.
4. Measure out 2 Tbsp of mixture and squeeze together while shaping into an oval. Let excess liquid drain off.
5. Roll into remaining breadcrumbs.
6. Pan fry on each side for 2-3 minutes.







# is for Ziti

## Ingredients

- 1 ½ cup cooked ziti
- 1 Tbsp olive oil
- 1 clove garlic, minced
- 1 cup broccoli
- 2 Tbsp shredded asiago cheese

### Ziti with Broccoli

*Paired with mismatched sandwich cookies*

1. Heat olive oil in a pan. Add garlic and cook 2 minutes.
2. Add broccoli and sauté for 6-8 minutes.
3. Toss with ziti.
4. Top with asiago.



### Ziti Salad

*Paired with tofu squares, savory shortbread, ranch chickpeas, chocolate drops, sesame almonds*

- 1 ½ cup cooked ziti
- 1 Tbsp mayonnaise
- 1 Tbsp sour cream
- 1 Tbsp sweet relish
- 1 tsp dried dill
- Dash of sea salt
- 2 Tbsp chopped red pepper
- 1 Tbsp chopped red onion
- 1 roma tomato, chopped

1. Mix mayonnaise, sour cream, relish, dill, sea salt to make a dressing.
2. Toss ziti with dressing.
3. Add vegetables.

### Taco Ziti

*Paired with squash noodles, herbed chicken, yogurt pretzels, and nut bar*

- 1 ½ cup cooked ziti
- 1 Tbsp olive oil
- ¼ pound ground meat
- 1 tsp taco seasoning
- 1 Tbsp tomato paste
- ¼ cup corn
- ¼ cup shredded cheddar jack cheese

1. Heat olive oil in a pan.
2. Add ground meat and seasoning and cook thoroughly.
3. Add tomato paste and cook 1 minute.
4. Mix in corn, ziti, and cheese.





# Hidden Ingredients

**Apple:** Apricot

**Avocado:** (None)

**Banana:** Bread

**Beets:** Basil, Blueberries, Brussels sprouts

**Carrot:** Cabbage, Celery, Cheese, Chips, Clementine, Crackers

**Cucumber:** Cheesy Crackers, Cookie, Crab

**Dried Fruits:** Dill Pickles

**Dark Chocolate:** Daikon, Deviled Eggs

**Eggs:** Endive

**Eggplant:** Edamame

**Flour Tortilla:** Fennel, Feta

**Figs:** (None)

**Grape Tomato:** Garlic

**Green Beans:** Goat Cheese, Granola, Grapefruit, Grapes, Gummies

**Ham:** Herbs

**Hummus:** Hearts (artichoke)

**Iceberg Lettuce:** Iced cookie

**Israeli Couscous:** Inka Corn

**Jicama:** Jelly beans

**Jam:** (None)

**Kale:** Kidney Beans

**Kiwi:** Ketchup, Kisses

**Lemon:** Lox

**Lentils:** (None)

**Mushroom:** Meatballs, Melon, Mint

**Muffins:** Macadamia, Macaroon, Mango, Mozzarella

**Nori:** Noodles, Nectarine

**Noodles:** Nectarine

**Oats:** Olive Tapenade, Orange

**Orzo:** Orange

**Peas:** Papaya, Peach, Pecan, Pecorino, Penne, Pesto, Pine Nuts, Pistachio, Popcorn, Pretzel

**Pasta:** Papaya, Pepper Dip, Pepperoni, Pumpkin, Pretzels, Pumpkin Seeds

**Quinoa:** Quiche

**Quark:** (None)

**Rice:** Radicchio, Radish, Red Pepper, Rice Crackers, Rice Treat

**Romaine:** Radish, Ranch Dressing, Raspberries, Risotto

**Squash:** Salmon, Salt, Sausage, Strawberry

**Spinach:** Sausage, Slices (orange), Snap Peas, Snickerdoodles, Strawberries,  
Sunflower Seed Butter

**Tomato:** Taffy, Tater Tots, Tofu, Tomatillo Salsa, Tortilla Chips, Turkey

**Tuna:** Tabbouleh Salad, Tagliatelle, Tangerine, Tartar Sauce, Trail Mix, Truffle, Turnovers

**Udon Noodles:** (None)

**Umeboshi:** (None)

**Veggies:** Vinaigrette

**Vegetarian Meats:** Vanilla Wafers, Vegan Vanilla Cake, Veggie Chips

**Watermelon:** Waffles, Watercress, Walnuts

**Wraps:** (None)

**X-tra Sweet:** (None)

**X-tra Silly:** (None)

**Yam:** (None)

**Yogurt:** (None)

**Zucchini:** (None)

**Ziti:** (None)





# Index

## Salads

- Avocado Salad.....12
- Beet Salad.....16
- Greek (Cucumber) Salad.....20
- Hard Boiled Egg on Salad.....26
- Fig, Goat Cheese, and Hazelnut Salad.....32
- Caprese Salad (Grape Tomatoes).....34
- Citrus Green Bean and Almond Salad.....36
- Ham and Pea Salad.....38
- Iceberg Lettuce Wedge Salad .....42
- Mediterranean (Israeli) Couscous Salad .....44
- Kale and Kidney Bean Salad .....50
- Kiwi Strawberry Salad .....52
- Lentil Salad .....56
- Mushroom and Mint Salad.....58
- Mediterranean Orzo Salad.....60
- Waldorf Pasta Salad.....72
- Rainbow Quinoa Salad.....74
- Romaine BLT.....80
- Spinach and Strawberry Salad.....84
- Tomato and Peach Salad.....86
- Spicy Watermelon and Feta Salad.....98
- Ziti Salad.....112

## Sandwiches & Wraps

- Avocado Toast.....12

- Banana Roll Ups.....14
- Egg Salad Pita Pocket.....26
- Grilled Eggplant Wraps.....28
- Golden Beet and Goat Cheese (Flour) Wrap.....30
- Peanut Butter and Jam Rollups.....48
- Pizza Mummy Muffins.....60
- Summer Rolls with Rice Noodles.....64
- Butternut Squash Wrap.....82
- Baked Parmesan Tomato Sandwich.....86
- Nori Tuna Wrap.....88
- Mock BLT with Vegetarian bacon.....96
- Vegetarian Burger.....96
- Turkey, Tomato, and Avocado Wrap.....100
- BLT Wrap.....100
- Rainbow Hummus Wrap.....100
- X-tra Silly Sandwich.....104

## Rice, Pasta, Noodles

- Pesto Pasta with Grape Tomatoes.....34
- (Israeli CousCous) Stuffed Butternut Squash.....44
- Roasted Red Pepper (Israeli) Couscous.....44
- Lemon and Coconut Rice.....54
- Creamy Mushroom Gnocchi.....58
- Veggie Pad Thai (Noodles).....64
- Creamy Red Orzo.....68
- Pesto Pasta with Peas.....72
- Pumpkin Pasta.....72



**Rice, Pasta, Noodles, continued...**

Pepperoni Pasta.....72  
 Sprouted Rice Pilaf.....78  
 Romaine Fried Rice.....80  
 Spaghetti Squash Spaghetti.....82  
 Tuna Tagliatelle.....88  
 Brown Butter Udon.....90  
 Udon with Butternut Squash.....90  
 Mushroom Udon.....90  
 Umeboshi Rice.....92  
 Vegetarian Sausage on Spaghetti.....96  
 Broccoli Ziti.....112  
 Taco Ziti.....112

**Vegetables**

Eggplant Parmesan.....28  
 Green Bean and Goat Cheese Gratin.....36  
 Jicama Stars.....46  
 Jicama Sticks with Chili and Lime.....46  
 Kale Chips.....50  
 Lemon Potatoes.....54  
 Lentil Stuffed Pepper.....56  
 Stuffed Portobello Mushroom.....58  
 Sweet Potato Noodles with Parmesan.....64  
 Quinoa Stuffed Potato Boats.....74  
 Green Cauliflower Rice.....78  
 Yellow Squash Fishies.....82  
 Carrot and Zucchini Spirals (Veggies).....94  
 Yam Hash.....106  
 Stuffed Yam.....106  
 Zucchini Roll Ups.....110

Zucchini Tots.....110

**Finger Foods**

Carrot Curls.....18  
 Cucumber Rings.....20  
 Deviled Eggs.....26  
 Veggie (Flour Tortilla) Quesadillas.....30  
 Red Pepper and Spinach (Flour Tortilla) Roll Ups.....30  
 Veggie Skewers (with Grape Tomatoes).....34  
 Green Bean Prosciutto Wraps.....36  
 Ham and Egg Cups.....38  
 Deconstructed Ham Sandwiches w/ Pineapple Salsa.....38  
 Iceberg Lettuce Roll Ups.....42  
 Greek Salad (Iceberg) Skewers.....42  
 Kiwi Flowers.....52  
 Lentil Balls.....56  
 Nori Popcorn.....62  
 Egg and Nori Rolls.....62  
 Spring Pea Pancakes.....70  
 Quinoa Patties.....74  
 Romaine Mini Pizzas.....80  
 Spinach Swirls.....84  
 Sun Dried Tomato Tart.....86  
 Tuna Cakes.....88  
 Tuna Tacos.....88  
 Umeboshi Wings.....92  
 Veggie Pizza on the Grill.....94  
 Watermelon Skewers.....98  
 Bacon Wrapped Watermelon.....98  
 Cheese Faces (X-tra Silly)....104

Yogurt Chicken....108

**Dips & Sauces**

Apple Sauce....10  
 Avocado Guacamole....12  
 Beet and Goat Cheese Hummus....16  
 Carrot Ginger Dressing....18  
 Cucumber Yogurt Dip....20  
 Roasted Eggplant Dip....28  
 Edamame Hummus Pepper Poppers....40  
 Roasted Garlic Cannellini Hummus Flatbreads....40  
 Curried Roasted Carrot Hummus w/ Chicken Salad....40  
 Jicama Sticks with Red Pepper Hummus....46  
 Kale Pesto....50  
 Kiwi Salsa....52  
 Snap Peas with Creamy Dill Dip....70  
 Quark and Lox Spread....76  
 Spinach Dip....84  
 Umeboshi Dressing....92  
 Yogurt Queso Dip....108

**Sweets**

Apple Rings....10  
 Dried Apples ....10  
 Chocolate Covered Banana....14  
 Chocolate Covered Almonds....22  
 Chocolate Covered Pretzels....22  
 Chocolate Drizzled Popcorn....22  
 Tropical Dried Fruit Mix....24  
 Coconut Dusted (Dried Fruit) Date Roll....24  
 Dried Fruit Roll Ups....24

Chocolate Dipped Dried Figs....32  
 Fig Coconut Bars....32  
 Orzo Pudding....68  
 Overnight Chocolate Oats....66  
 Rice Cakes with Ricotta, Peach, and Honey....78  
 Raspberry Quark Mousse....76  
 Quark Pancakes....76  
 Silly Sushi (X-tra Sweet)....102  
 Vegan Coconut Pillows (X-tra sweet)....102  
 Apple Mouth (X-tra Silly)....104  
 Blood Orange Chia Yogurt....108

**Baked Goods**

Banana Bread....14  
 Chocolate Beet Cake....16  
 Carrot and Zucchini Muffins....18  
 Hide and Seek (Jam) Muffins....48  
 Jam Thumbprint Cookies....48  
 Lemon Loaf....54  
 Cornbread Muffins....60  
 Harvest Muffins....60  
 Oat and Coconut Clusters....66  
 Oat Bread....66  
 Rainbow Veggie Bread Casserole....94  
 Purple Yam Cookies....106  
 Super Pink Cupcake (X-tra Sweet)....102  
 Savory Zucchini Bread....110







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