



KIDS LUNCH PLAN

LITTLE LUNCH LOVE

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THE SNEAKY MOMMIES



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Hi!

We're Nicole (Nic) & Natalia (Nat), the Sneaky Mommies and we're so excited to be featured in this weeks Little Lunch Love Kid's Lunch Plan.

From snacks and lunches, to simple weeknight meals, we have you covered! We share tested and perfected recipes that take the stress out of preparing healthy meals and snacks that your family will devour.

We connected through our mutual love of cooking healthy meals for our own families and we hope to inspire you to try some of our family favourites in your own kitchens.

Nic & Nat The Sneaky Mommies

Xo

LITTLE LUNCH LOVE

Monday

Pesto Pasta with Hemp Hearts
Veggie Skewers
Apple Slices & Blueberries
Date Power Balls ([Click here for recipe](#))

Tuesday

Savoury Cheddar & Veggie Muffins
Fresh Veggies
Fresh Berries
Roasted Chickpeas

Wednesday

Chicken Noodle Soup
Kielbasa & Cheddar Skewers
Bell Peppers & Cucumbers
Apple Slices
Crackers

Thursday

Tomato Curry Soup
Cheese & Crackers
Baby Carrots
Blueberries & Peaches

Friday

Yogurt & Granola
Cucumber Sticks
Raspberries stuffed with Blueberries
Crepes

Note: The sides I suggest are always just that, suggestions. Feel free to sub any of them with your little's favourite fruits & veggies, baked goods or snack bars.

HERE'S WHAT YOU'LL NEED

Fruits & Veggies

- Cucumbers
- Carrots
- Assorted Bell Peppers
- Raspberries
- Blueberries
- Apples
- 3 cups packed fresh basil leaves
- 5 large garlic cloves
- 1 small onion
- 1 medium zucchini

Meat & Fish

- Kielbasa (or other favourite deli meat)

Dairy & Eggs

- ½ cup Parmigiano-Reggiano, grated
- 1¼ cup grated cheddar cheese
- Hard cheese of choice for skewers
- Milk (or non-dairy milk)
- Greek yogurt
- Eggs

Misc

- ¼ cup organic raw pumpkin seeds
- ¼ cup hemp hearts
- Crackers
- Penne Pasta
- ¼ teaspoon dried thyme
- 2 cups flour
- 3 tablespoons baking powder
- Chicken Noodle Soup
- Tomato Soup
- Crackers
- Roasted Chickpeas
- School Safe Granola

RECIPES

Pesto Pasta with Hemp Hearts

Ingredients:

¼ cup organic raw pumpkin seeds 2 large garlic cloves
¼ cup hemp hearts ½ teaspoon salt
⅔ cup EVOO (2 portions of ⅓ cup each) ¼ teaspoon black pepper
plus up to ¼ cup more to thin out the ½ cup Parmigiano-Reggiano, grated
pesto paste
3 cups packed fresh basil leaves

Directions:

In the bowl of your food processor add your pumpkin seeds, hemp hearts, garlic and ⅓ cup EVOO. Process until the pumpkin seeds and garlic have been chopped and everything is blended together. Add the basil leaves, salt, pepper and remaining ⅓ cup of olive oil. Pulse until the the mixture resembles a paste.

Next add your cheese and pulse some more. To thin out the pesto a bit pour up to ¼ cup of EVOO through the food processor feed tube and process some more until full blended and it is the consistency that you like. Remove the pesto from the food processor, place in a bowl and cover with a thin layer of olive oil until you are ready to use it.

Make your pasta as per the directions. Drain and add to a large skillet and top it with the pesto to thoroughly coat the pasta. Enjoy!

Monday Lunch



RECIPES

Savoury Cheddar & Veggie Muffins

Ingredients:

¼ cup plus 2 tablespoons olive oil	½ cup milk
1 small onion diced	¼ cup greek yogurt
3 garlic cloves, minced	2 eggs
1 medium carrot	2 cups flour
1 medium zucchini	3 tablespoons baking powder
1 cup red pepper, finely diced	1 teaspoon salt
1 ½ cup cheddar cheese	¼ teaspoon pepper

Directions:

Preheat oven to 350 degree F. Meanwhile heat 2 tablespoons of olive oil over medium heat in a saucepan. Add the onion, and sauté until soft, then add the garlic and continue sauté another 30 seconds. Remove from heat and set aside.

Wash and dry carrot and zucchini. Peel the carrot. Then shred both. Place the shredded carrot and zucchini in a clean dish towel and squeeze water out of the vegetables. Then place them in a large bowl. Add the red pepper, cheddar cheese, milk, yogurt, eggs, and the onion mixture. Stir to combine.

In another bowl, mix the flour, baking powder, salt and pepper. Then add the dry ingredients into the wet/veggie ones. Stir just until combined, do not over mix.

Spray a muffin tray with cooking spray and scoop batter into each hole. Bake for 20–25 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.

Tuesday Lunch



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RECIPES

Wednesday Lunch

Chicken Noodle Soup

You can buy your favourite boxed or canned soup to save time OR you can make this easy & delicious Chicken Noodle Soup recipe from the Sneaky Mommies. [Click here for recipe.](#)



Thursday Lunch

Tomato Coconut Curry Soup

Add 1 can tablespoon red curry paste and ½ teaspoon ground ginger to your favourite tomato canned or boxed soup. OR make this delicious recipe from the Sneaky Mommies. [Click here for recipe.](#)



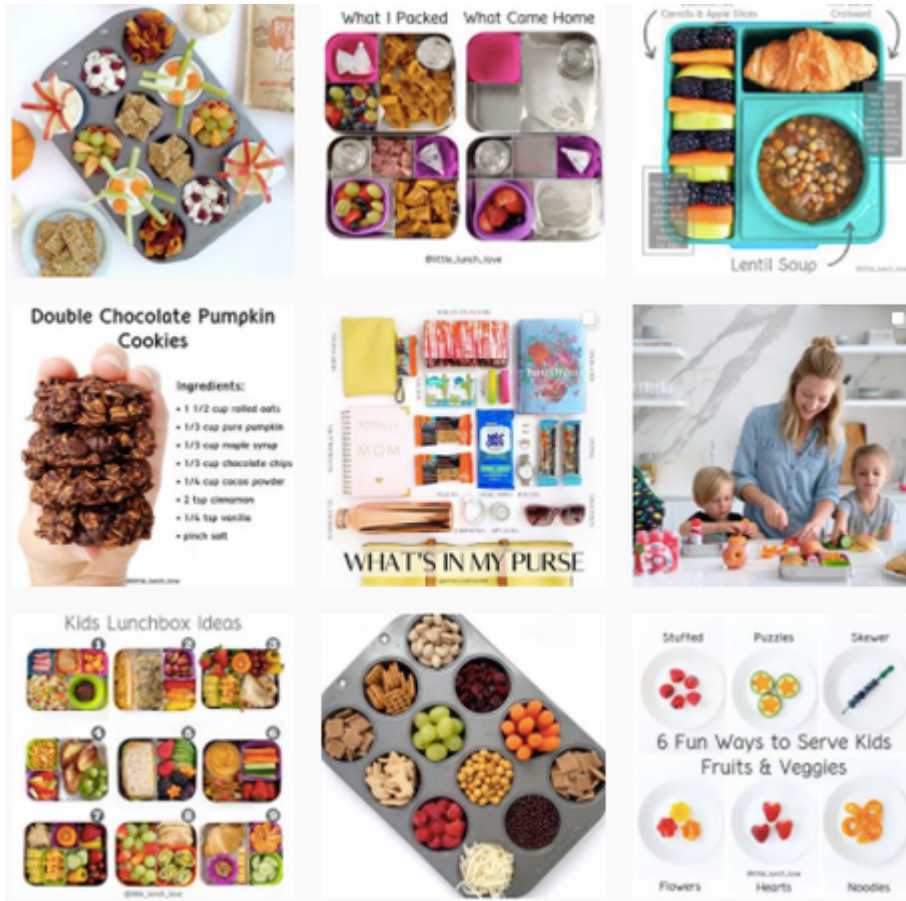
Friday Lunch

Yogurt & Granola

Want to make this lunchbox even more yummy? Add these quick & easy hemp heart crepes. [Click here for the recipe](#)



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Have a question or comment?
Send me (Jenny) an email at littlelunchlove@gmail.com