



# KIDS LUNCH PLAN

LITTLE LUNCH LOVE

LITTLE LUNCH LOVE

# AVIVA WITTENBERG



@avivawittenberg



avivawittenberg.com



Aviva@awittenberg.com

Hi there,

My name is Aviva and I'm so excited to create this week's Little Lunch Love Kids Lunch plan for you!

I am a mother of two girls, one pre-teen and one teenager and we live in Toronto, Canada. I try to cook with the seasons to take advantage of the lovey local produce grown in the farms just outside of the city.

My kids have become good eaters over time – there have definitely been challenging phases over the years! The girls have always been involved in our lunch box menu planning. This usually means that they will eat what I send but is definitely not a guarantee!

For more lunch ideas please visit my website and Instagram.

All the best,  
Aviva



## LITTLE LUNCH LOVE

### MONDAY

*Sweet & Savoury*  
*Sweet Potato Waffles with maple syrup*  
*Fresh Fruit & Chèvre*

### TUESDAY

*Bits & Bites!*  
*Veggies with chipotle and sage dip.*  
*Zucchini Bread*  
*Fresh Fruit*

### WEDNESDAY

*Leftovers for Lunch!*  
*Crispy Taco Shells (or Chips)*  
*Roasted Corn & Black Beans*  
*Lettuce, Guacamole and Pico*

### THURSDAY

*Grilled Cheese & Tomato Soup*  
*Fresh Fruit*  
*Edamame*

### FRIDAY

*Leftovers for Lunch!*  
*Skillet Gnocchi with dairy & nut free pesto,*  
*broccoli and cherry tomatoes.*  
*Fresh Fruit*

# HERE'S WHAT YOU'LL NEED

## *Fruits & Veggies*

- edamame
- lettuce
- cherry tomatoes
- broccoli
- 2 medium zucchini
- berries
- oranges
- grapes

## *Meat & Fish*

- leftover taco filling  
(I like to make mine with turkey)

## *Dairy & Eggs*

- chèvre
- eggs
- butter
- milk
- cheddar cheese

## *Misc*

- nut free pesto for gnocchi
- gnocchi
- Taco shells or nacho chips
- bread (for grilled cheese)
- tomato soup (store bought or homemade)
- 2 cans sweet potato puree
- 1 can black beans
- 1 can corn
- maple syrup
- brown sugar
- all-purpose flour and/or whole wheat flour
- baking powder
- baking soda
- pumpkin pie spice
- cinnamon
- Nutmeg
- vanilla extract
- guacamole (store bought or homemade)

LITTLE LUNCH LOVE

# RECIPES

## *Sweet Potato Waffles*

### Ingredients:

3/4 cups milk	1 cup all-purpose flour
1 1/2 cup mashed roasted sweet potato (homemade or from a can)	1/2 cup whole-wheat flour
3 tablespoons melted butter	1 1/2 teaspoons baking powder
2 tablespoons brown sugar	1 1/2 teaspoons pumpkin pie spice
2 large eggs, separated	1/4 teaspoon baking soda
	1/8 teaspoon salt

### Directions:

Combine the milk, sweet potato, butter, sugar and egg yolks in a bowl. Stir until well combined. Add the dry ingredients one at a time, stirring after each addition.

Beat the egg whites until firm peaks develop and gently fold them into the sweet potato mixture. The egg whites will keep the waffles light and airy so don't over mix – seeing little clumps of egg white is fine.

Cook in your waffle maker and enjoy!

Note: Waffles freeze really well so make a big batch, eat some and pack some for a future lunch box. Just pop them into the toaster to defrost and crisp up.

*Recipe & lunchbox by Aviva Wittenberg*



[Click here](#)

to view this lunchbox on Instagram

# RECIPES

## *Zucchini Mini-Loaves*

### Ingredients:

¾ cup sunflower or pumpkin seeds	1 teaspoon baking soda
⅓ cup melted butter or olive oil	1 teaspoon ground cinnamon + more to swirl on top
½ cup honey or maple syrup	½ teaspoon fine-grain sea salt
2 teaspoons vanilla extract	¼ teaspoon ground nutmeg
2 eggs	1 ¾ cups white whole wheat flour, spelt flour or regular whole wheat flour
2 cups grated zucchini, squeeze out excess liquid if zucchini is very wet	
½ cup milk of choice, apple sauce or water	

### Directions:

Preheat the oven to 325F. Line a mini loaf pan (one pan w 8 mini loaves) or one muffin pan (one pan w 12 muffins) with parchment paper liners & set aside.

Combine the melted butter or oil, honey or maple syrup, vanilla, grated zucchini, eggs & milk in a bowl. Add the baking soda, cinnamon, sea salt, nutmeg & stir to integrate into the mixture. Add the flour and stir to combine evenly.

Add the sunflower or pumpkin seeds, reserving a handful for the tops of the loaves/muffins. Tip into the prepared pan, top with reserved pumpkin or sunflower seeds and bake for 25–28 mins for mini loaves or 22–25 mins for muffins. You will know they are cooked when a sharp knife or toothpick inserted into the centre comes out clean.

Allow the loaves/muffins to cool for 30 mins in their pans & then remove to a cooling rack to fully cool off. The loaves/muffins freeze beautifully. Once fully cooled, pop them into a large freezer bag and pull out as needed. I usually pack the loaves directly from the freezer – they always thaw in time for lunch.



[Click here](#)

to view this lunchbox on Instagram

*Recipe & lunchbox by Aiwa Wittenberg  
(Recipe adapted from Cookie & Kate)*

LITTLE LUNCH LOVE

# CLICK PHOTOS TO VIEW ON INSTAGRAM



Leftover Tacos



Grilled Cheese &  
Tomato Soup



Skillet Gnocchi  
(Recipe on post)

*lunchboxes by Aviva Wittenberg*

*Love this lunch plan?  
Sign up for my newsletter to receive them  
weekly.*

[Click Here](#)

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

*For more lunch ideas & recipes visit me here*



@little\_lunch\_love



[littlelunchlove.com](http://littlelunchlove.com)



@lll.littlelunchlove