



# KIDS LUNCH PLAN

LITTLE LUNCH LOVE

LITTLE LUNCH LOVE

# KELLY PFEIFFER



@eattherainbow\_kids



www.noshandnourish.com



kelly@noshandnourish.com

Hi!

I'm Kelly! I started my original blog Nosh and Nourish 7 years ago.

Since then I've developed over 1,000 recipes, written two cookbooks: Superfoods at Every Meal + Superfood Weeknights, taken on contributors, and now started a new insta account that I'm obsessed with: (@eattherainbow\_kids) as a way to encourage moms + dads to feed their kiddo(s) the rainbow.

I have color weeks that focus on a single color (like #YellowWeek), as you can see from a quick scroll of my feed... but then also some full on rainbow food as well. I'm all about simple, colorful nourishment. Nothing fru-fru... but a good variety. Eating the rainbow doesn't have to be that hard.

Step 1 --- pick out some colorful fruit + veggies at the grocery store!

Step 2 --- Try to mix and match and grab different things each week to get a variety!

And of course, follow along on our color weeks to get recipe ideas and inspiration!

-Kelly

# LITTLE LUNCH LOVE

## *Monday*

Ham & Havarti Roll-ups  
Hard Boiled Egg, Veggies & Hummus  
Honeydew Melon

## *Tuesday*

Veggie Loaded Mac & Cheese  
Cherry Tomatoes  
Mandarin Orange & Strawberries  
Special Treat

## *Wednesday*

Creamy Spring Greens Soup  
Celery Sticks & Seed Butter  
Tortilla Chips  
Blueberries (or Strawberries)

## *Thursday*

Waffle-Wiches  
(Waffle Sandwiches with Seed butter & Sliced Banana)  
Fruit Kabobs

## *Friday*

Rainbow Veggie Wraps  
Carrots, Chips & Hummus  
Leftover Fruit from the Week!

*Note: I've added "or" options to repeat fruits & veggies throughout the week  
and keep the grocery shopping list to a minimum.*

# HERE'S WHAT YOU'LL NEED

## *Fruits & Veggies*

- Honeydew Melon
- Mandarin Oranges
- Strawberries
- Bananas
- Carrots
- Cherry Tomatoes
- 1 Lemon
- Yellow Bell Pepper
- Broccoli
- Celery
- 2 Small Yellow Potatoes
- 3 Cups Spring Greens
- Frozen Peas

## *Meat & Fish*

- Ham Deli Meat

## *Dairy & Eggs*

- Havarti Slices
- Cream Cheese
- White Cheddar Cheese
- Milk

## *Misc*

- Wraps
- Hummus
- Veggie Chips
- Tortilla Chips
- Granola Bars
- Box of Mac & Cheese
- Seed Butter
- Tahini
- Sesame Oil
- Rice Vinegar
- Veggie Broth
- Maple Syrup
- Waffles

LITTLE LUNCH LOVE

# RECIPES

## *Veggie Loaded Mac & Cheese*

### Ingredients:

- 1 Box Mac & Cheese
- 1/3 cup riced broccoli
- 1/4 cup finely chopped yellow bell pepper
- 1/4 cup shredded white cheddar cheese

### Directions:

Start with your favourite boxed Mac & Cheese. Cook according to instructions.

Cut broccoli into florets and either chop it finely or throw it in a blender or food processor and whizz until it resembles rice.

Stir riced broccoli, bell pepper and cheddar cheese into Mac and Cheese.

The recipe is very versatile, so use whatever veggies you might have on hand: chopped purple cabbage, carrots, and edamame beans would all be good additions as well!



[Click here](#)

to view this lunchbox  
on Instagram

## RECIPES

### *Creamy Spring Greens Soup*

#### Ingredients:

2 small yellow potatoes	1 cup milk of choice
2 ribs of celery	2 tablespoons tahini
1 tablespoon olive oil	1 tablespoon maple syrup
salt and pepper	1/2 tablespoon rice vinegar
3 cups spring greens	juice from 1/2 a lemon
1 1/4 cup peas (frozen, but thawed)	1 cup veggie broth
1/2 tablespoon minced garlic	1/2 teaspoon Sea Salt
1/2 tablespoon toasted sesame oil	1 teaspoon sesame seeds
	celery leaves (for garnish, optional)

#### Directions:

Preheat oven to 425 degrees.

Chop 2 yellow potatoes and 2 ribs celery into approximately 1 inch pieces. Lay the chopped pieces onto a parchment-lined baking sheet in a single layer.

Brush on 1 Tbsp olive oil and sprinkle with salt and pepper. Roast for 20 minutes, until potatoes are softened and celery is lightly browned.

Meanwhile, in a skillet over medium heat, warm up 1/2 Tbsp sesame oil and 1/2 Tbsp garlic. Then stir in 3 cups greens. Stir frequently for about 4 minutes. Add peas to the wilted greens and stir for another minute or two. Reserve 2 Tbsp to garnish the soup in a small bowl. Add the rest to a high speed blender.

In the high speed blender, also add 1 cup milk, 2 Tbsp tahini, 1 Tbsp maple syrup, 1/2 Tbsp rice vinegar, juice from 1/2 a lemon, 1 cup veggie broth, 1/2 tsp sea salt, and all of the roasted potatoes and celery. Blend on high until smooth. Serve hot for lunch! Garnish with the reserved peas + greens, extra celery leaves, and sesame seeds.



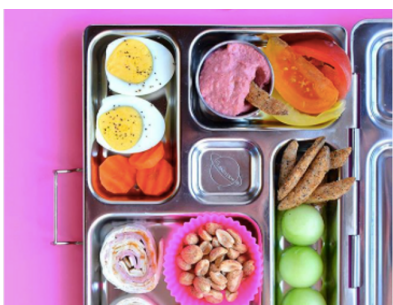
[Click here](#)

to view this recipe on  
Kelly's Blog

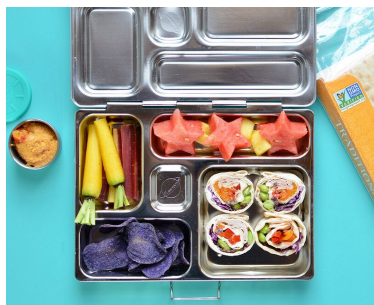
LITTLE LUNCH LOVE

CLICK PHOTOS  
TO VIEW ON INSTAGRAM/BLOG

*lunchboxes by @eattherainbow\_kids*



Ham & Havarti  
Roll-ups



Rainbow Veggie  
Wraps



Waffle-Wiches  
& Fruit Kabobs

For more lunch ideas & recipes  
visit me here



@little\_lunch\_love



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



@lll.littlelunchlove

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