

## Family Lunches

At Costco:

- 1) box of foil sheets
- 2) all natural, kettle fried turkey breast
- 3) package of boneless chicken breasts, ground turkey breast
- 4) south beach whole grain wraps or Kirkland multigrain bread
- 5) salsa, pasta sauce
- 6) tlc cookies
- 7) clementines, grapes, grapefruit, bananas
- 8) cheese sticks
- 9) pre peeled hard boiled eggs or organic eggs
- 10) baby carrots and apples in pre made packs
- 11) bottled water
- 12) swiss slices
- 13) box of nuts ( in little bags) or raw almonds

Also need, lettuce, natural salad dressing

Each night, I ask a child to assist with making the lunches. We make enough lunches for everyone including Mom and Dad. Mom and Dad need 5 small meals a day, so the lunch you pack can be meal 2, 3 or 4.

Lay out foils, put a wrap on each, cut up some turkey, put cheese, lettuce and dressing on-roll up and wrap.

Or make turkey meatballs for dinner, use them also in the wraps with tomato sauce and mozzarella.

Or make quick egg salad wraps or use scrambled or fried eggs and cheese.

Pound all the chicken breasts flat, marinate in Newman's Own dressing, grill all, wrap each individually in foils, freeze some, slice some for wraps with lettuce and dressing. Include cheese sticks, carrots and fruit in each lunch, along with bottled water and a natural cookie.

This practice of providing real food is worth it. It will change the appetites in your family to preferring healthy food. They will eat it at first because it is available and they are hungry. Later, they will dislike fake, fast or school food.