

Lunchbox Wins: Weekly Planner + Shopping List

Quick, budget-friendly ideas for picky eaters | US & UK-friendly

EveryKidNeeds.com

1) Weekly Lunchbox Planner

Day	Safe main	2 sides	Tiny try	Comfort treat	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Weekend					

Picky-proof formula: 1 safe main + 2 sides + 1 tiny try + 1 comfort treat.

2) Shopping List (Tick & Go)

Tip: Keep it simple. Repeat what works. Buy store-brand where possible.

Safe Mains

- Bread (white/soft)
- Tortillas/wraps
- Rice
- Pasta
- Mini bagels/muffins
- Chicken/turkey slices
- Tuna (optional)

Sides

- Cheese (cheddar/mozzarella)
- Crackers
- Yogurt (tub or pots)
- Fruit: apples, grapes, bananas
- Veg: cucumber, carrot
- Sweetcorn/peas
- Hummus or soft cheese

Extras & Dips

- Ketchup/BBQ/ranch
- Butter/olive oil
- Mayo
- Granola/cereal (for crunch)
- Seed butter (sunflower)
- Treat: biscuit/cookie/snack bar
- Reusable pots/liners

Notes / swaps:

Example: If tuna is a no, swap to shredded chicken. If hummus is a no, use soft cheese.