

Balanced, tasty lunchboxes built from Apollo's *Your Child's Health Buddy* recipes. A good lunchbox mixes three things:

1. Energy food Millet / whole grain dosa, pancake, roti, rice	2. Body-building food Dal, egg, paneer, nuts, fish protein to grow & repair	3. Protective food Fruit / vegetable the brighter the better	+ Fluids Milk, buttermilk, smoothie or water
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5 ready-to-pack lunchboxes

Day	Main (energy + protein)	Fruit / veg	Drink
Monday	Pearl Millet Dosa	Carrot sticks	Strawberry Soy Shake
Tuesday	Chickpea Bites	Cucumber & orange slices	Buttermilk
Wednesday	Mixed Millet Pan Cake + banana	Apple pieces	Milk
Thursday	Green Gram Dumpling	Tomato slices	Tropical Coconut Smoothie
Friday	Ragi Peanut Sweet Roll	Apple	Spinach Smoothie

Healthy treats & snacks (from the recipe booklet)

Sesame Date Ladoo · Dry Fruits Ladoo · Black Gram Ladoo · Granola Trifle · Carrot-Beetroot-Gooseberry (CBG) Juice · Fruit Faluda.

Lunchbox tips

- Pack a rainbow — colourful fruit and veg every day.
- Swap packaged, fried and sugary snacks for homemade ladoos and smoothies.
- Include one fruit and something to drink (milk, buttermilk or water) daily.
- Right-size portions for your child's age and appetite; don't over-restrict.
- Let kids help prepare — they're more likely to eat what they make.

Recipes and nutrition values are from the Apollo Hospitals Department of Dietetics booklet, 'Your Child's Health Buddy'. Full methods are in the Nutrition page's Healthy Recipes section.