Cheat Sheet No. 1

Store Cupboard Essentials

I don't have all of these in all the time, but if you have a selection from each group on hand there will always be *something* to make for lunches. If you're feeling stuck in a boring lunch rut, come back and scan this list and the following cheat sheets, to help inspire you to mix things up a bit. You might also share some of these ideas with your fussy eater to see what they like the sound of – and that can help get you out of the rut too.

Snack Cupboard

- Breadsticks
- Crackers
- Rice crackers
- Oatcakes
- Pretzels
- Pretzel sticks
- Veggie straws
- Low sugar breakfast cereals
- Dried fruits
- Fruit snacks
- Jelly
- Biscuits

Fridge

- Cheese
- Yoghurt
- Eggs
- Meats/alternatives
- Butter/spreadable butter
- Puff pastry (ready rolled)
- Fruit
- Vegetables
- Picnic foods like cocktail sausages, mini scotch eggs, sausage rolls

Freezer

- Bread for sandwiches
- Leftover wraps, pittas, naan breads, etc
- Picnic foods like cocktail sausages, mini scotch eggs, sausage rolls
- Cheese scones – see page 81 in *The Lunchbox Mama*

Baking

- Plain flour
- Spelt flour (to replace plain flour in any recipe for a less processed version)
- Self-raising flour
- Oats (can be ground to make oat flour)
- Baking powder
- Vanilla extract
- Granulated sugar
- Sprinkles
- Edible ink pens
- Icing sugar
- Edible eyes
- Food colouring

Notes