

Melanie Mitro

15 Star Diamond Beachbody Coach

<http://melaniemitro.com>

Clean Eating Lunchables



Can anyone tell me why kids love to eat the most unhealthy of foods that are on the market? I mean lunchables and smoothie kabobbles?!?! Seriously the most disgusting of all meat (is it really actual meat anyways?!?!?) is in those little packages but my kids go crazy over it. For a while I was allowing them to have a lunchable as a special treat but I just don't feel that it lines up with the things I am teaching them. I really want them to make healthy choices and know the difference between what is too processed and what is natural. I also want to make sure that they are not resenting me for passing on these so called treats! I came up with the bright idea that we are going to make our own version of lunchables that is healthier but just as tasty!

Bryce likes the little crackers, cheese and lunch meat ones and Landon loves the smoothie Kabobbles (which I have never let him try but the commercial on TV gets him every time.).

We hit up Whole Foods on Saturday and on my list was thickly sliced hormone free, nitrate free, low sodium Turkey, thickly sliced cheese and whole grain chicken nuggets that are all white meat.

Yesterday we came home and together both boys made their very first home made lunchable!
There were no complaints, just full tummies and they actually really enjoyed helping in the kitchen.