



Ayurvedic Kids' Lunchbox Checklist

1. Choose the Right Base

- Flatbread, whole-grain, or sourdough
- Tortilla for mini vegetable pizzas

2. Include Protein

- Cheese: goat or cottage (add black pepper or turmeric)
- Hummus with pita or veggies
- Nut or seed butters (almond, cashew, pumpkin seed, sunflower seed)

3. Add Veggies & Fruits

- Raw veggies: cucumber, peppers, carrots, zucchini
- Cooked/baked veggies: sweet potatoes, squash, corn
- Fresh seasonal fruit

4. Fun & Colorful Extras

- Leafy greens for salad
- Colorful toppings on sandwiches or mini pizzas
- Fun food picks or cute napkins

5. Healthy Treats

- Gluten-free, eggless cookies
- Dark chocolate (optional small piece)

6. Seasonal & Ayurvedic Touches

- Sprinkle of turmeric or black pepper on veggies or cheese
- Fresh, warm food if possible (avoid leftovers)
- Encourage your child to participate in packing lunch

7. Extras for Engagement

- Handwritten love note or affirmation
- Small reusable thermos with warm veggies or soup
- Bento-style sections for fun presentation

Tip for Parents Keep it simple—choose 1–2 items from each category and mix them differently each day. Your child will enjoy variety, colors, and flavors, while staying nourished and balanced for their dosha.