

Nutrition Snippet

MEAT-FREE MONDAY.

Get your family eating more veg by making Monday 'meat-free'.



Try these meat-free meals:

- [Easy pizza](#)
- [Cauliflower and spinach dahl](#)
- [Tofu soba noodles](#)

Any leftovers can be used in the lunch box the next day!

For these recipes and more visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box