

The Karma Lunchbox keeps you feeling alive all day long!

Daily
Nutrition
Needs:

Every day I need:	6 Servings of grain	2 Servings of meat and alt.	7-8 Servings of fruit and veggies	2 Servings of dairy and alt
Breakfast	2		1	1
Lunch	2	1	3	
Snack	1		1	1
Dinner	1	1	3	



Fun Facts about the Karma Lunch Box

1. It's vegetarian! Vegetarian meals can be great for lowering your level of cholesterol, increasing your fibre, and preventing heart disease and cancer! <http://www.medicalnewstoday.com/articles/8749.php>
2. Combining chickpeas with brown rice gives perfect protein! <http://greatist.com/health/complete-vegetarian-proteins>
3. Artichokes are a flower bud! They are low in calories and fat, and high in fibre and anti-oxidants. <http://www.nutrition-and-you.com/artichoke.html>
4. Fruit for dessert leaves you feeling satisfied, without loads of added sugar and fat. <https://augustmclaughlin.wordpress.com/2012/09/21/health-benefits-of-desserts/>

The Karma Lunch Box!



The Karma Lunchbox contains a vegetarian lunch and snack.

The snack is simply whole grain crackers with Cheddar cheese slices, with grapes on the side, giving one serving each of grain, dairy and fruit.

The lunch is Spanish Chickpeas on brown rice, giving 2 servings of grain, 1 serving of meat alternatives, and 1 serving of vegetables. Another serving of vegetables is a side of baby carrots. For dessert, fruit salad gives a serving of fruit.