

Fruitables, Berry Berry, Apple and Eve

Apple Turkey Salad, recipe below
Popcorn, Half Naked, *Good Health Natural Products*

Apple Slices, organic, *Earthbound Farm*

TIPS: Recipe for Apple Turkey Salad: Mix apple and turkey cubes in a bowl with chopped celery, sliced red grapes, slivered almonds or pine nuts (optional), and parsley flakes. Stir in Lemonaise or Veganaise (mayo) and sea salt to taste. Line container with small torn lettuce leaves. Place salad mix in them. Prepare a large amount in advance for easy fixing in the morning. Keep cool.

God-made colors: 6 (purple, red, white, tan, green, yellow)

Food Groups: 7 (fruit, poultry, vegetables, nuts, herbs, eggs (mayo), essential fatty acids)

You can see that it is not hard to end up with a great combination of God-made colors and food groups. This is key to a healthy lunch providing balanced energy, focus, endurance and nutrition. You may want to add a small bottle of spring water, especially for older kids. We love the fact that this lunch contains a lot of fiber. If you think one source of apples is enough, replace the apple slices with red grapes or a little Apple Pumpkin Soup - see Featured Recipe. It is truly delicious!