



nutritionwithjudy
HOLISTIC HEALTH & FUNCTIONAL NUTRITION

lunch ideas & grocery list for nutrient dense KIDS

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real foods focused

be your best self

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little bites

5-Day Nutrient Dense Lunch Box Plan

SNACK

LUNCH

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Hard boiled egg and
bacon strips

Beef & cheese quesadilla on
low-carb tortilla, sauteed
cauliflower and strawberries

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Sprouted macadamia
nuts and cheddar
cheese

Rotisserie chicken, raw
cheese and strawberries

w

Low carb muffin
(coconut flour) and
sausage (beef or bison)

Meatballs in low sugar marinara,
cucumber, pork rinds and
cream cheese

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Scrambled eggs with
ground beef and
grass fed butter

Chicken salad with celery,
bacon and homemade mayo
(no raisins) and avocado

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Deli meat & cheese roll
ups, beef sticks or egg
frittatas

Steak pieces, avocado and
watermelon

Real Foods, Nutrient Dense Lunch Box Plan

low carb lunch box ideas

PROTEINS

- chicken salad
- boiled eggs
- smoked salmon
- bacon
- dark meat chicken
- homemade meatballs
- uncured deli meat
- sausage (beef or bison)
- beef, pork, salmon jerky
- egg frittata
- 5% plain greek yogurt
- steak with bone broth

FATS

- cubed, sliced cheese
- cream cheese
- homemade mayonnaise
- tallow
- suet
- bone marrow
- jerky dipped with lard
- ghee
- grass fed butter
- pork rinds (chicharrones)

VEGGIES

if you want to eat veggies, these are low in antinutrients

- boiled asparagus
- red bell peppers
- boiled brussel sprouts
- steamed cauliflower
- mushrooms
- pumpkin
- cucumber (peeled and deseeded)
- hearts of palm
- sauerkraut
- seaweed snacks
- arugula

FRUIT

if you want to eat fruits, these are low in antinutrients

- strawberries
- avocados
- organic gala apples (skin on)
- seedless grapes
- fresh cranberries
- watermelon

DRINKS

- water (no juice, no apple sauce)

SHOPPING LIST

*Note: Macadamia nuts have the lowest antinutrients of all nuts.

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***TIP:** Breads, pastries can be made with coconut flour. Almond flour is high in oxalates and not recommended.

Resources

The following is a list of resources for both adults and children. You can find a comprehensive list of resources at www.nutritionwithjudy.com

GUT HEALING KIT

- Provides optimal support when **starting a low carb, high fat diet**
- Provides stomach acid and **digestive support** to digest and absorb foods and nutrients
- **Supports nausea** after high-fat meals and healthy bile flow. Supports **proper break down of fats** for digestion and absorption
- **Support digestion** with numerous digestive enzymes to **break down fats, proteins and carbohydrates**. Supports **loose or inconsistent stools**, helping stools to be better formed
- Supports **healthy gut barrier** and immune function. Feeds good bacteria and targets bad bacteria
- Supports gut after **antibiotic use**
- Supports **toxin removal with immunoglobulins**, supporting healthy digestion, neutralizing environmental toxin and improving gut barrier function
- Supports the preparation of nutrient dense homemade **collagen-rich bone broth**

- Use "**GUT10**" at checkout **\$10 off (clickable)**



Resources

The following is a list of resources. You can find a comprehensive list of resources at www.nutritionwithjudy.com

Recommended Reading

- Weston A. Price Foundation
- Environmental Working Group
- Obesity Code - Jason Fung
- Nourishing Traditions - Sally Fallon
- The Big Fat Surprise - Nina Teicholz
- Keto Clarity - Jimmy Moore

“For the universe holds no greater wonder than the developing child,”

— Sally Fallon Morell, *The Nourishing Traditions Book of Baby & Child Care*

Contact

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About Me

Judy Cho is a certified Nutritional Therapy Practitioner. She also holds a degree in Psychology and Communications from the University of California, Berkeley. Judy works with clients by focusing on the root cause for an array of health struggles and disease. Together, they work to create individualized solutions that are sustainable for the long term.

Empowering clients with the knowledge and individualized tools to change their diet, while being there as a beacon of support and encouragement, has been a rewarding experience.

Prior to becoming a nutritional therapist. Judy Cho was a management consultant and she now leverages her psychology degree and nutritional therapy education to help serve the community in the most effective ways. Judy is a nutritional advocate for the Carnivore diet and on most days her kids follow a low carb diet. Judy focuses on debunking nutritional misinformation and promoting self-knowledge and self-advocacy. She shares bite-sized holistic nutrition information with her infographics on social media platforms. She is passionate about helping people to be their best selves and live their best lives.

