Pack the Perfect
LUNCH BOX

5 SIMPLE & TASTY RECIPES KIDS LOVE!

QUICK, HEALTHY, AND KID-APPROVED LUNCH IDEAS WITH CHEF REEM

National Zakat Foundation™ & COOK with Chef REEM

As-salāmu'alaykum, dear parents!

We know mornings can get hectic, and packing lunches can sometimes feel like a balancing act from sunrise to school bell. That's why we've teamed up with Chef Reem to share five easy, wholesome lunchbox ideas that your children will enjoy - and you can feel good about.

These recipes are quick, budget-friendly, and packed with love and care, Insha'Allah.

Take a moment with this free guide to make lunch packing a blessing-filled act of love and nourishment.

"Eat of the good things We have provided for you."
(Qur'an 2:172)

MEET CHEF
Reem Ahmed

From biomedical engineer to MasterChef Canada Top 10 finalist, Chef Reem has transformed her passion for cooking into a career that inspires. Known as Reem From the Heart, she runs virtual cooking classes, appears on major media outlets, and empowers women—especially mothers—to pursue their dreams.

Awarded the Arab Women of Excellence in Arts (2019), Reem's goal is to open her own Egyptian restaurant and host a TV cooking show, continuing to uplift her community with food and faith.

Burger Sandwich Lunchbox

A CLASSIC FAVOURITE BLESSED WITH FRESH GOODNESS!

In the Lunchbox:

- Juicy homemade beef burger sandwich
- Crunchy apple sticks
- Oven-baked French fries (seasoned with salt, pepper, vinegar, cumin or coriander)
- A mini donut bite for a sweet treat

Burger Recipe:

1. Use halal ground beef, seasoned with salt, pepper, and arugula.
2. Shape into patties and bake in the oven according to instructions.
3. Place inside whole-grain bread with your child's preferred toppings, such as tomatoes, cucumbers or crisp lettuce.
4. For fun, use a sandwich cutter to make kid-friendly shapes.

Leftover Spaghetti Surprise

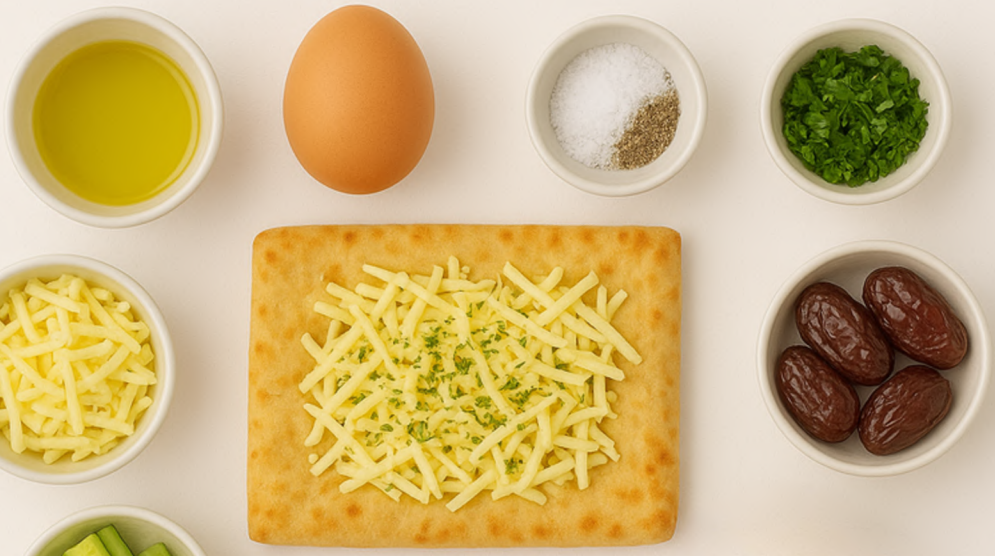
GRATITUDE FOR EVERY BITE, EVEN LEFTOVERS!

In the Lunchbox:

- Chilled leftover spaghetti with fresh sauce
- Sweet apple fries
- Juicy tangerine
- A small bite of chocolate as a special treat

Spaghetti & Sauce Recipe:

1. Boil pasta in salted water for 10 minutes (or as per package).
2. Drain and toss with olive oil, salt, and pepper.
3. Store overnight in the fridge.
4. For the sauce, sauté minced, fresh garlic in olive oil, then add crushed tomatoes, fresh basil, salt, and pepper.



Cheese and Thyme Sandwich

SIMPLE, FLAVOUR-FILLED, AND FULL OF BARAKAH!

In the Lunchbox:

- Grilled cheese & thyme (za'atar) sandwich
- Apple fries
- Fresh cucumber sticks
- Sweet dates (sunnah style!)

Sandwich Recipe:

1. Cut flatbread in half.
2. Fill with shredded mozzarella, drizzle of Palestinian olive oil, and a sprinkle of za'atar.
3. Close and grill until bread is golden and cheese melted (about 6 minutes).
4. Cut into four small pieces—Bismillah!

Tuna and Sweetcorn Pita Pockets

QUICK, EASY, AND FULL OF HEALTHY BLESSINGS!

In the Lunchbox:

- **Tuna & sweetcorn pita pockets**
- **Crisp carrot sticks**
- **Fresh apple wedges**

Pita Recipe:

1. **Drain canned tuna and mix with minced celery, carrot, and mayonnaise (¼ cup per can).**
2. **Season with lime juice, salt and pepper to taste. Stir well.**
3. **Stuff into pita pockets and toast for 1 minute before serving**

Egg and cheese Roll-Ups

SIMPLE, WHOLESOME, AND READY IN MINUTES!

In the Lunchbox:

- Egg & cheese pita roll-up
- Festive cherry tomatoes
- Sweet grapes

Roll-Up Recipe:

1. In a hot pan, add olive oil and crack in two eggs.
2. Season with salt and pepper.
3. Add mozzarella cheese, then press a round pita bread on top to soak up the mixture.
4. Fold in half, flip until golden brown, and serve warm.

Make Every Lunch a Blessing

May Allah bless your efforts to care for your children with ease and joy. With these recipes, you're equipped to pack lunchboxes that are nutritious, fun, and filled with love, Insha'Allah.

From all of us at NZF Canada, we pray your lunches are filled with health, happiness, and countless blessings.

STAY CONNECTED
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Cook with Reem & National Zakat Foundation