



Vital
Nutrition

Lunchbox Challenge

Vital Nutrition's **Lunchbox Challenge** is a 4-week course packed with top tips and live cookery demonstrations. Guaranteed to get you back into a healthy routine with a fresh start and tasty ideas!

What's it all about?

Week 1: Lunch box audit - Simple lunchbox swaps to keep you healthy and nourished.

Week 2: Soggy sandwiches - what's the alternative?

Week 3: Super Salads - what are they and how do I make them?

Week 4: 'Think outside the lunchbox' - breakfast and snacks to keep you going

Get in touch

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