



Non-Toxic Dad

Non-Toxic Dad's Back-to-School Lunch Guide

*10 Simple Lunches + Recipes
to Keep Kids Fueled Naturally*

This guide is intended for informational purposes only and does not replace professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

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Why This Guide Matters

You care about what goes in your kid's body—but what about what it's packed in? Traditional lunch gear often includes hormone-disrupting plastics, chemical-ridden liners, and mystery coatings. And school lunches? Let's just say chocolate milk and pizza day aren't exactly building champions.

This guide is about cutting the noise. No dyes, no seed oils, no preservatives. Just real food, smart packing, and simple prep.





Lunchbox Packing Tips: Go Non-Toxic

Skip Plastic.

Even “BPA-free” plastic can leach hormone-disrupting chemicals. Heat, scratches, and acidity make it worse.

Go Glass or Stainless Steel.

Use glass containers for reheatable items and stainless steel bento boxes for everything else. Brands like [LunchBots](#), [PlanetBox](#), and [U-Konserve](#) are solid choices.

Ditch the Juice Boxes.

Opt for stainless steel water bottles like [Hydro Flask](#), [Klean Kanteen](#), or [Yeti](#). No microplastics, no sugar bombs.

Use canva or [Silicone Bags](#).

Great for sandwiches, cheese sticks, or snacks—without the hormone-mimicking compounds in plastic wrap or baggies.



The background of the image shows two clear glass meal prep containers. The top container holds sliced grilled chicken, green beans, and a small piece of broccoli. The bottom container holds sliced grilled chicken, green beans, broccoli, a cherry tomato, and pecans. A white circular graphic with a hand-drawn border is centered over the image, containing the title text. To the right, there are two glasses of water with lemon slices. Scattered around the containers are some loose pecans and a single basil leaf.

10 Non-Toxic Lunches That Pack a Punch

(with Recipes)



1. Grass-Fed Burger Bites with Sliced Avocado and Berries

Ingredients:

- 1 lb grass-fed ground beef
- 1 tsp sea salt
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp dried oregano

Instructions:

1. Mix all ingredients. Form into mini patties (slider size). Pan-fry in ghee or tallow, 3–4 minutes per side. Cool before packing.
2. Sides: ½ sliced avocado (squeeze lemon to prevent browning) and a handful of berries.

2. Hard-Boiled Eggs, Raw Cheese Cubes, and Carrot Sticks

Hard-Boiled Eggs:

Place eggs in a pot, cover with water, bring to a boil. Cover, turn off heat, and let sit 10–12 minutes. Cool and peel.

Serve with:

- Raw grass-fed cheese cubes
- Carrot sticks or baby carrots

Optional:

sprinkle eggs with sea salt or smoked paprika





3. Chicken Drumsticks, Sliced Cucumber, and Grapes

Roasted Drumsticks:

- 6–8 pastured chicken drumsticks
- Toss with ghee, sea salt, garlic powder, paprika
- Roast at 400°F for 35–40 minutes or until 165°F internally

Serve with:

- Sliced cucumber
- Grapes (½ cup)

4. Homemade Egg Muffins with Bacon and Spinach

Ingredients (makes 6):

- 6 pasture-raised eggs
- 3 slices pastured bacon, cooked and chopped
- ½ cup chopped spinach
- Sea salt and pepper

Instructions:

1. Whisk all ingredients, pour into silicone muffin liners.
2. Bake at 350°F for 20–25 minutes until set.



Side:

Apple slices with lemon juice to prevent browning





5. Turkey Roll-Ups, Olives, and Cherry Tomatoes

Roll-Ups:

- Nitrate-free turkey slices (4–6)
- Optional: raw cheese or cucumber inside
- Roll and secure with toothpicks

Sides:

- Green or black olives
- Cherry tomatoes

Optional:

dip of mustard + coconut aminos

6. Salmon Cakes with Roasted Sweet Potato Wedges

Salmon Cakes (makes 4):

- 1 can wild-caught salmon
- 1 egg
- 2 tbsp almond flour
- ½ tsp sea salt
- Dill or green onion (optional)

Instructions:

1. Mix, form patties, and pan-fry in avocado oil 3–4 min per side.

Sides:

Roasted sweet potato wedges (toss with ghee + sea salt, roast at 400°F for 25–30 min)





7. Grass-Fed Meatballs, Zucchini Ribbons, and Apple Slices

Meatballs (makes 12):

- 1 lb ground beef
- 1 egg
- 2 tbsp almond flour
- 1 tsp Italian herbs
- ½ tsp sea salt

Instructions:

Roll into 1-inch balls. Bake at 375°F for 20–25 minutes.

Sides:

Zucchini ribbons (raw or sautéed), apple slices with cinnamon

8. Nitrate-Free Sausage, Pickles, and Cheese

Instructions:

- Cook pastured pork sausage, slice into coins
- Serve with raw cheese cubes, organic pickles

Optional:

handful of soaked walnuts or macadamia nuts





9. Leftover Steak Strips with Roasted Veggies

Instructions:

- Thinly slice leftover grass-fed steak
- Pack with roasted broccoli or cauliflower (tossed in avocado oil + sea salt, roasted at 425°F for 20 min)

Dip:

Coconut aminos and mustard

10. DIY Non-Toxic Lunchable

Build It:

- Clean ham slices
- Raw cheese squares
- Almond flour crackers (Simple Mills or homemade)

Optional sides:

Cucumber slices and guacamole or hummus in a small container



A black metal shopping cart is positioned in the center of a grocery store aisle. The cart is empty and has four wheels. In the background, there are shelves stocked with various products, including bags of chips and other packaged goods. A large, white, semi-transparent circle is overlaid on the center of the image, containing the text "Complete Non-Toxic Grocery List" in a bold, dark blue font. The lighting is warm and slightly blurred, giving it a soft, inviting feel.

Complete Non-Toxic Grocery List

Proteins

- Grass-fed ground beef
- Pasture-raised eggs
- Wild-caught canned salmon
- Pasture-raised chicken drumsticks
- Pasture-raised turkey or ham (nitrate-free)
- Grass-fed steak
- Pastured bacon
- Nitrate-free sausage
- Clean ham slices (nitrate/nitrite-free)
- Raw cheese (cheddar, gouda)

Fats & Cooking Oils

- Ghee
- Tallow
- Butter
- Avocado oil
- Olive oil

Vegetables

- Carrots
- Cucumber
- Cherry tomatoes
- Zucchini
- Spinach
- Broccoli
- Cauliflower
- Green onion
- Sweet potatoes

Snacks & Extras

- Beeswax wraps
- Silicone bags

Fruits

- Apples
- Blueberries
- Strawberries
- Grapes
- Lemons (for keeping fruits fresh)

Pantry & Spices

- Sea salt
- Garlic powder
- Onion powder
- Dried oregano
- Paprika
- Italian herbs
- Black pepper
- Cinnamon
- Coconut aminos
- Organic mustard
- Dill (optional)

Nuts & Seeds

- Almond flour
- Almond flour crackers
- Soaked walnuts
- Macadamia nuts

Lunch Gear

- Stainless steel bento boxes (PlanetBox, LunchBots)
- Glass containers with silicone sleeves
- Stainless steel water bottles (Hydro Flask, Klean Kanteen)
- Non-toxic insulated lunch bag (SoYoung, OmieLife, Wildkin)
- Silicone muffin liners





Final Thoughts from Non-Toxic Dad

Feeding your kids well requires simple, quality, real food ingredients packed with intention; avoiding the junk that wears down their body and brain. These lunches are built to fuel their focus, energy, and growth without exposing them to the chemical minefield of conventional packaging and processed foods.

Simple prep. Clean ingredients. Smart containers.

