

# OUR TOP 5 LUNCHBOX IDEAS

#1



Sesame +  
Rice Balls

Almond Butter  
Protein Ball



the source  
BULK FOODS



# LUNCHBOX IDEA #1

## HERE'S WHAT INSIDE

- 8 homemade sesame & rice balls**
- 12 assorted celery and carrot sticks**
- 80g Veggie Chips**
- 10 assorted cherry tomatoes**
- Handful dried peaches, pears, sultanas**
- 1 Almond Butter Protein Ball**

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## SESAME & RICE BALLS

GF, MAKES 20

**300g medium grain brown rice, cooked\***

**125g grated tasty cheese**

**100g Australian lupin flakes**

**1 egg**

**2 tbs olive oil**

**½ tsp Himalayan or Celtic sea salt**

**140g black or white sesame seeds**

Pre-heat oven to 220°C. Grease a baking tray with olive oil. Combine rice, cheese, lupin flakes, egg, olive oil and salt in a bowl and mix well. Allow to sit for 10 minutes so that lupin flakes absorb moisture.

Make a ball using 2 tablespoons of mixture. Roll each ball in the sesame seeds to coat. Place balls on greased baking tray. Bake for 20 minutes, turning balls halfway, until golden.

Store in a sealed container in the fridge once cooled. Will keep for 5 days.

# OUR TOP 5 LUNCHBOX IDEAS

#2

Homemade  
Pink Pitaya  
Gummies

Chicken Pinwheel with  
Hummus, Mixed Bean  
and Spinach

Homemade  
Muesli Bites



the source  
BULK FOODS



# LUNCHBOX IDEA #2

## HERE'S WHAT INSIDE

- 4 homemade muesli bites
- 2 homemade pink pitaya gummies
- 100g mix of Soya Crisps and Salt & Vinegar Chickpea Puffs
- 1 chicken pinwheel with hummus, mixed bean and spinach
- 1 small orange
- 7 assorted cherry tomatoes

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### MUESLI BITES

MAKES 12

**240g premium natural or toasted muesli**  
**60g nut butter or tahini**  
**85g raw honey**

Combine all ingredients in a large bowl and mix well. Chill in the fridge for 20 minutes. Roll into balls and store in a sealed container in the fridge. Will keep for one week.

### CHICKEN PINWHEEL

MAKES 1

**1 wrap or flatbread**  
**Handful fresh baby spinach**  
**2 tbsp cooked mixed beans**  
**50g shredded cooked chicken breast**  
**1 tbsp hummus**

Spread one flatbread wrap with hummus. Sprinkle spinach down one end of flatbread closest to you. Top with the beans and chicken. Season with salt and pepper (optional). Roll up flatbread tightly, without splitting the bread. Slice into 5cm pieces and store in a sealed container in the fridge.

### PINK PITAYA GUMMIES

GF, MAKES 12

**2½ cups water**  
**3 tsp organic Pink Pitaya Dragon Fruit Powder**  
**20g raw honey**  
**50g natural gelatine**

Mix water and pitaya powder together until well combined. Add gelatine and pitaya mixture to a small saucepan. Gently heat on low and stir with a metal spoon until the gelatin absorbs all of the liquid, known as "blooming". Do not boil or simmer. Add honey and stir until blended well. Remove from heat immediately. Set aside and cool to room temperature. Pour into a silicone ice cube tray. Refrigerate for at least ½ hour before removing from tray. Store in fridge and best brought to room temperature before eating.

OUR TOP 5  
LUNCHBOX  
IDEAS

#3



Inside Out  
Sushi Roll



the source  
BULK FOODS



# LUNCHBOX IDEA #3

## HERE'S WHAT INSIDE

- 3 protein balls of your choice
  - 4 strawberries
  - 3 celery sticks filled with almond butter and sultanas
  - Handful of cherry tomatoes
  - 1 medium carrot cut into sticks
  - 1 brown rice and cucumber 'inside out' sushi roll
  - 5 snowpeas
  - Handful of Banana Chips
  - 4 slices of cheese
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## INSIDE OUT SUSHI ROLL

MAKES 1

**1 small cucumber**

**1 small carrot**

**100g cooked brown rice\***

Take cucumber and cut into 5cm pieces.

Peel a small carrot and cut into 5mm wide and 5cm long pieces.

Place cucumber pieces cut side up, on a board. Use a small knife to cut a circle around the seeds and use a small spoon to push the seeds out. Discard seeds.

Fill the cucumber with cooked brown rice (seasoned with salt and pepper if desired). Push a piece of carrot into the middle of each piece of cucumber and rice.

# OUR TOP 5 LUNCHBOX IDEAS

#4

Dried Banana  
coated in Honey  
+ Organic Puffed  
Buckwheat

Pasta Cups

Almond and Apricot  
Yoghurt Bite



the source  
BULK FOODS



# LUNCHBOX IDEA #4

## HERE'S WHAT INSIDE

- 2-3 homemade pasta cups
  - Handful of soya crisps
  - 1 medium dried banana coated in raw honey and rolled in Organic Puffed Buckwheat
  - Small bunch grapes
  - 1 almond and apricot yoghurt bite
  - 6 snow peas
  - ¼ capsicum, sliced
  - 1 apple
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## PASTA CUPS

GF, MAKES 8

**280g organic spinach & beetroot pasta, cooked\***

**125g grated tasty cheese**

**2 eggs**

**½ tsp Himalayan or Celtic sea salt**

Pre-heat oven to 180°C. Grease 8 of the cups of a non-stick, 12 cup muffin tin with olive oil. Combine all ingredients in a bowl and mix well.

Divide mixture between muffin cup holes and bake for 15 minutes or until golden brown. Allow to cool in tin. Run a knife around the edge of each pasta cup to remove from tin. Store in a sealed container in the fridge for up to 5 days.

OUR TOP 5  
LUNCHBOX IDEAS

#5



Quinoa Patties

Banana  
Pinwheels



the source  
BULK FOODS



# LUNCHBOX IDEA #5

## HERE'S WHAT INSIDE

- 3 homemade quinoa patties
  - 40g hummus
  - 6 snow peas
  - 1 medium Dried Mango Cheek
  - 3 apricot slice
  - Handful Yoghurt Covered Sultanas
  - 1 banana pinwheel with linseed, tahini, honey
  - ¼ capsicum, sliced
  - 1 apple
  - 1 boiled egg topped with Black Sesame Seeds\*
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### QUINOA PATTIES

GF, MAKES 20

**370g organic tricolour or organic**

**Australian quinoa, cooked\***

**3 eggs**

**125g tasty cheese**

**100g Australian lupin flakes**

**½ tsp Himalayan or Celtic sea salt**

**1 tbsp olive oil for frying**

Combine all ingredients in a bowl and mix well. Allow to sit for 10 minutes so that the lupin flakes can absorb moisture.

Shape 2 tablespoons of mixture at a time into patties. Heat oil in a non-stick frying pan over medium heat. Cook patties, about 3 minutes per side, until golden brown.

Once cooled, store in a sealed container in the fridge.

### BANANA PINWHEEL

MAKES 1

**1 wrap or flatbread**

**1 medium banana**

**1 tbsp raw honey**

**1 tsp linseeds**

**1 tsp tahini**

Spread flatbread with a thin layer of tahini, then drizzle over honey and sprinkle with linseeds.

Place banana lengthways along one end of flatbread closest to you, breaking slightly if the banana needs to straighten. You may wish to brush the banana lightly with lemon juice, to stop it going brown if not eating straight away.

Roll up flatbread around banana and slice into 5cm pieces.

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\* Shelf life for prepared food as shown varies. Please check our website for detailed information on correctly storing food. Remember to always comply with your school's food policy regarding allergens.