

FEED THE WARRIOR WITHIN

Fresh lunchbox ideas

LUNCHBOX IDEA #3 GLUTEN-FRIENDLY

Strawberry and
white chocolate
muffins



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HERE'S WHAT'S INSIDE

1 Strawberry and White Chocolate Muffin
50g Apricot Bites
30g Salt & Vinegar Chickpeas
50g Veggie Chips
1 orange, quartered
2 strawberries
1 pear, sliced
120g grapes
Gluten-Friendly Pasta Salad

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50g Gluten Free pasta (dry)
40g Carrot, grated
30g Capsicum, grated
¼ tsp Italian Mixed herbs
4 Olives, sliced
2 tbsp gluten free dressing of choice

Boil pasta in salted water until al dente then allow to cool. Combine all ingredients and stir through dressing.

**DOWNLOAD THE GLUTEN-FRIENDLY MUFFINS RECIPE
FREE FROM OUR WEBSITE (PLUS OTHERS), THEN
PICK UP A WARRIOR LUNCHBOX INSTORE OR ONLINE**

WWW.THESOURCEBULKFOODS.COM.AU

* Shelf life for prepared food as shown varies and some ingredients require refrigeration.
Remember to comply with your school's food policy regarding allergens.



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