

FEED THE  
**WARRIOR**  
WITHIN

*Fresh lunchbox ideas*

**LUNCHBOX IDEA #4**  
**HIGH PROTEIN**



*Zucchini Slice* →



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BULK FOODS

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## LUNCHBOX IDEA #4 HIGH PROTEIN

### HERE'S WHAT'S INSIDE

2 pieces Zucchini Slice  
80g Strawberry Slice  
50g Salt & Vinegar Chickpeas  
80g Yoghurt Coated Sultanas  
1 small banana, sliced  
5 cherry tomatoes, halved,  
60g cucumber, diced  
3 strawberries  
60g blackberries  
Tuna and Black Bean Wrap

#### Tuna and Black Bean Wrap

Wholegrain Wrap  
95g tinned tuna  
¼ Avocado, mashed  
30g tinned black beans

Spread wrap with avocado, add tuna and black beans. Roll up tightly and slice.

**DOWNLOAD THE HIGH PROTEIN ZUCCHINI SLICE RECIPE  
FREE FROM OUR WEBSITE (PLUS OTHERS), THEN  
PICK UP A WARRIOR LUNCHBOX INSTORE OR ONLINE**

[WWW.THESOURCEBULKFOODS.COM.AU](http://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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