

FEED THE
WARRIOR
WITHIN

Fresh lunchbox ideas

LUNCHBOX IDEA #1
LOWER CARB



*Raspberry and
Coconut Slice*



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BULK FOODS



LUNCHBOX IDEA #1 LOWER CARB

HERE'S WHAT'S INSIDE

2 pieces Raspberry and Coconut Slice
3 Choc Chip Cookie Dough Ball
40g Pumpkin Seeds
40g Sunflower Seeds
2 strawberries
Chicken and Avocado Salad

Chicken and Avocado Salad

¼ Avocado
160g shredded chicken
5 Cherry tomatoes, halved
100 Cucumber, diced
2 tbsp dressing of choice

Combine all ingredients and stir through dressing of choice.

**DOWNLOAD THE RASPBERRY & COCONUT SLICE 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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