

FEED THE  
**WARRIOR**  
WITHIN

*Fresh lunchbox ideas*

**LUNCHBOX IDEA #3**  
**GLUTEN-FREE**

*Strawberry and  
white chocolate  
muffins*



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## LUNCHBOX IDEA #3 GLUTEN-FREE

### 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

#### **Gluten-Friendly Pasta Salad**

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

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



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