

FEED THE
WARRIOR
WITHIN

Fresh lunchbox ideas

LUNCHBOX IDEA #4
HIGH PROTEIN



Zucchini Slice



the source
BULK FOODS

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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

*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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