

FEED THE
WARRIOR
WITHIN

Fresh lunchbox ideas

LUNCHBOX IDEA #9 HIGH PROTEIN



*Secret
Chocolate
Muffin*



the source
BULK FOODS

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HERE'S WHAT'S INSIDE

1 Secret Chocolate Muffin
30g yoghurt sultanas
20g banana chips
3 strawberries
Chicken and Quinoa Bowl

Chicken and Quinoa Bowl

10g rocket
80g Australian organic quinoa, cooked
40g broccoli floret, blanched
10-12 pieces popcorn chicken, air fried
1 tbsp mayonnaise
1 tbsp teriyaki sauce
10g white sesame seeds

Assemble rocket, quinoa, broccoli and chicken in lunchbox. Top with mayo-teriyaki dressing and sprinkle with sesame seeds.

**DOWNLOAD THE WHITE CHOC FRUIT & COCONUT BARS
RECIPE FREE FROM OUR WEBSITE (PLUS OTHERS), THEN
PICK UP A WARRIOR LUNCHBOX INSTORE OR ONLINE**

WWW.THESOURCEBULKFOODS.COM.AU

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Statements are provided as a guide only and do not reflect any ingredients or products referred to in this recipe, or that are not listed. 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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