

OUR TOP 5 LUNCHBOX IDEAS

#1



Sesame +
Rice Balls

Almond Butter
Protein Ball



the source
BULK FOODS



LUNCHBOX IDEA #1

HERE'S WHAT INSIDE

- ☐ **8 homemade sesame & rice balls**
- ☐ **12 assorted celery and carrot sticks**
- ☐ **80g Veggie Chips**
- ☐ **10 assorted cherry tomatoes**
- ☐ **Handful dried peaches, pears, sultanas**
- ☐ **1 Almond Butter Protein Ball**

SESAME & RICE BALLS

GF, MAKES 20

300g medium grain brown rice, cooked

125g grated tasty cheese

100g Australian lupin flakes

1 egg

2 tbs olive oil

½ tsp Himalayan or Celtic sea salt

140g black or white sesame seeds

Pre-heat oven to 220°C. Grease a baking tray with olive oil. Combine rice, cheese, lupin flakes, egg, olive oil and salt in a bowl and mix well. Allow to sit for 10mins so that lupin flakes absorb moisture.

Make a ball using 2 tbs of mixture. Roll each ball in the sesame seeds to coat. Place balls on greased baking tray. Bake for 20mins, turning balls halfway, until golden.

Store in a sealed container in the fridge once cooled. Will keep for 5 days.

OUR TOP 5 LUNCHBOX IDEAS

#2

Chicken Pinwheel with
Hummus, Mixed Bean
and Spinach

Homemade
Pink Pitaya
Gummies

Homemade
Muesli Bites



the source
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LUNCHBOX IDEA #2

HERE'S WHAT INSIDE

- ☐ **4 homemade muesli bites**
- ☐ **2 homemade pink pitaya gummies**
- ☐ **100g mix of Soya Crisps and Salt & Vinegar Chickpea Puffs**
- ☐ **1 chicken pinwheel with hummus, mixed bean and spinach**
- ☐ **1 small orange**
- ☐ **7 assorted cherry tomatoes**

MUESLI BITES

MAKES 12

240g premium natural or toasted muesli
60g nut butter or tahini
85g raw honey

Combine all ingredients in a large bowl and mix well. Chill in the fridge for 20mins. Roll into balls and store in a sealed container in the fridge. Will keep for one week.

CHICKEN PINWHEEL

MAKES 1

1 wrap or flatbread
Handful fresh baby spinach
2 tablespoons of cooked mixed beans
50g shredded cooked chicken breast
1 tbs hummus

Spread one flatbread wrap with hummus. Sprinkle spinach down one end of flatbread closest to you. Top with the beans and chicken. Season with salt and pepper (optional). Roll up flatbread tightly, without splitting the bread. Slice into 5cm pieces and store in a sealed container in the fridge.

PINK PITAYA GUMMIES

GF, MAKES 12

2½ cups water
3 tsp organic Pink Pitaya Dragon Fruit Powder
20g raw honey
50g natural gelatine

Mix water and pitaya powder together until well combined. Add gelatine and pitaya mixture to a small saucepan. Gently heat on low and stir with a metal spoon until the gelatin absorbs all of the liquid, known as "blooming". Do not boil or simmer. Add honey and stir until blended well. Remove from heat immediately. Set aside and cool to room temperature. Pour into a silicone ice cube tray. Refrigerate for at least ½ hour before removing from tray. Store in fridge and best brought to room temperature before eating.

OUR TOP 5 LUNCHBOX IDEAS

#3

Buckwheat
Pancakes

Inside Out
Sushi Roll



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BULK FOODS



LUNCHBOX IDEA #3

HERE'S WHAT INSIDE

- ☐ **50g organic tomato & spinach zoo pasta, cooked**
- ☐ **6 small, Organic Buckwheat Mix pancakes with raspberry chia jam**
- ☐ **3 celery sticks filled with almond butter and sultanas**
- ☐ **1 medium carrot cut into sticks**
- ☐ **1 brown rice and cucumber 'inside out' sushi roll**
- ☐ **1 apple**
- ☐ **Handful of Banana Chips**

BUCKWHEAT PANCAKES

GF, MAKES 12

400mL of dairy, grain or nut milk
325g organic buckwheat pancake mix
Coconut oil or olive oil, to grease

Mix milk and pancake mix until well combined. Heat pan on low to medium heat with your choice of oil. Cook until little bubbles appear and pop on surface. Pancakes are then ready to flip. Wait a few more minutes until second side is golden and they are ready to eat. Keep in an airtight container for up to 3 days.

RASPBERRY CHIA JAM

GF, MAKES 1 SMALL JAR

1 cup fresh raspberries
2 tbs chia seeds
85g organic maple syrup

Blend all ingredients in a small food processor or with a stick blender. Transfer to a jar and set in the fridge. Should be set in 30mins. Keep in the fridge in a sealed jar for 1 week.

INSIDE OUT SUSHI ROLL

MAKES 1

1 small cucumber
1 small carrot
100g cooked brown rice

Take cucumber and cut into 5cm pieces. Peel a small carrot and cut into 5mm wide and 5cm long pieces. Place cucumber pieces cut side up, on a board. Use a small knife to cut a circle around the seeds and use a small spoon to push the seeds out. Discard seeds. Fill the cucumber with cooked brown rice (seasoned with salt and pepper if desired). Push a piece of carrot into the middle of each piece of cucumber and rice.

#4



the source
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LUNCHBOX IDEA #4

HERE'S WHAT INSIDE

- ☐ **2-3 homemade pasta cups**
 - ☐ **Handful of soya crisps**
 - ☐ **1 medium dried banana coated in raw honey and rolled in Organic Puffed Buckwheat**
 - ☐ **Small bunch grapes**
 - ☐ **1 almond and apricot yoghurt bite**
 - ☐ **6 snow peas**
 - ☐ **¼ capsicum, sliced**
 - ☐ **1 apple**
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PASTA CUPS

GF, MAKES 8

280g organic spinach & beetroot pasta, cooked

125g grated tasty cheese

2 eggs

½ tsp Himalayan or Celtic sea salt

Pre-heat oven to 180°C. Grease 8 of the cups of a non-stick, 12 cup muffin tin with olive oil. Combine all ingredients in a bowl and mix well.

Divide mixture between muffin cup holes and bake for 15mins or until golden brown. Allow to cool in tin. Run a knife around the edge of each pasta cup to remove from tin. Store in a sealed container in the fridge for up to 5 days.

OUR TOP 5 LUNCHBOX IDEAS

#5



Quinoa Patties

Banana
Pinwheels



the source
BULK FOODS



LUNCHBOX IDEA #5

HERE'S WHAT INSIDE

- ☐ **3 homemade quinoa patties**
- ☐ **40g hummus**
- ☐ **6 snow peas**
- ☐ **1 medium Dried Mango Cheek**
- ☐ **3 apricot slice**
- ☐ **Handful Yoghurt Covered Sultanas**
- ☐ **1 banana pinwheel with linseed, tahini, honey**
- ☐ **¼ capsicum, sliced**
- ☐ **1 apple**
- ☐ **1 boiled egg topped with Black Sesame Seeds**

QUINOA PATTIES

GF, MAKES 20

370g organic tricolour or organic

Australian quinoa, cooked

3 eggs

125g tasty cheese

100g Australian lupin flakes

½ tsp Himalayan or Celtic sea salt

1 tbs olive oil for frying

Combine all ingredients in a bowl and mix well. Allow to sit for 10mins so that the lupin flakes can absorb moisture.

Shape 2 tbs of mixture at a time into patties. Heat oil in a non-stick frying pan over medium heat. Cook patties, about 3mins per side, until golden brown.

Once cooled, store in a sealed container in the fridge.

BANANA PINWHEEL

MAKES 1

1 wrap or flatbread

1 medium banana

1 tbs raw honey

1 tsp linseeds

1 tsp tahini

Spread flatbread with a thin layer of tahini, then drizzle over honey and sprinkle with linseeds. Place banana lengthways along one end of flatbread closest to you, breaking slightly if the banana needs to straighten. You may wish to brush the banana lightly with lemon juice, to stop it going brown if not eating straight away. Roll up flatbread around banana and slice into 5cm pieces.

STORE LOCATIONS

GATHERING YOUR INGREDIENTS AT YOUR LOCAL THE SOURCE BULK FOOD STORE

Are you wanting to reduce waste? Try bringing your own containers to fill in-store. We will weigh them before you fill them and then deduct that weight so that you only pay for what's inside.

NSW

Balgowlah
Balmain
Bowral
Byron Bay
Crows Nest
Dural
Erina
Glebe
Katoomba
Lane Cove
Mullumbimby
Newcastle
Rhodes
Rouse Hill
St Ives
Surry Hills
Wagga Wagga
Warriewood
Wollongong
Zetland

QLD

Bulimba
Cairns
Caloundra
Fairfield
Hope Island
Lutwyche
Maleny
Maroochydore
Miami
Noosa
North Ward
Southport
Springfield
Toowoomba
West End

VIC

Balaclava
Ballarat
Berwick
Brunswick
Burwood
Camberwell
Fitzroy
Geelong
Hampton
Malvern
Moonee Ponds
Pahran
Rowville
Traralgon

ACT

Belconnen
Dickson

SA

Glenelg
Mitcham

WA

Clarkson
Floreat
Vic Park

TO FIND YOUR NEAREST STORE VISIT:
WWW.THESOURCEBULKFOODS.COM.AU

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