

## To Cook from This Issue... **The Packed Lunch Issue**

### BREADS & DOUGHS

- Flexible Grain Free Wraps
- Garlic and Rosemary Gluten Free Focaccia
- LCHF Bread Rolls
- Mini Pizza Rolls

### BREAKFASTS

- Feta Avocado Smash

### DRINKS

- Apple Lime Cordial
- Banana Choc Nutshake
- Berrylicious Slushie
- LCHF Blueberry Muffin Smoothie
- Mango Lassi
- Paleo Breakfast Smoothie
- Tangy Banana Smoothie
- Tropical Juice
- Watermelon Lemonade

### SOUPS

- Chickpea Soup

### MEAT & POULTRY

- Chicken Loaf
- Red Curry Lime Chicken Wings

### SALADS / VEGETABLES

- LCHF Caesar Salad
- Mandarin Couscous Salad
- Roasted Cauli Broccoli Bowl
- Tuna, Avocado and Quinoa Salad

### VEGETARIAN MAIN MEALS

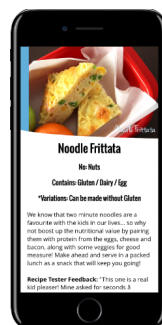
- Chargrilled Veggie Strudel
- Vegan Alfredo Spaghetti

### SWEETS

- Allergy Friendly Vanilla Cakes
- Apple Banana Muffins
- Banana Walnut Date Loaf
- Egg Free Chocolate Pudding
- Gluten Free Sweet Muffins
- Lemon Coconut Muffins
- Vegan Chocolate Walnut Brownies

### STARTERS, SNACKS & LIGHT MEALS

- 4 Ingredient Quiche
- Cheesy Crackers
- Chipotle Chips with Aioli
- Egg Free Pikelets
- Healthy Salted Caramel Dip
- LCHF Blueberry Cheesecake Bliss Balls
- Mini Egg Free Quiches
- Noodle Frittata
- Not Quite LCM Bars
- Orange Cake Bliss Balls
- Paleo Pumpkin Bars
- Roasted Zucchini Dip
- Seeded Polenta Crackers
- Seedy Slice
- Trio of Dips with Veggie Sticks



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