THE NO-STOP SNACK BOX

Everything you'd grab on the go, packed fresh at home.

Start with the same base, then pick your box, a grown-up girl dinner, a lunchbox the kids will actually finish or something to get you through to dinner after training.



LOVE 'EM®

SERVES 1 ♥ PREP 5 MINS ♥ NO COOK

WHAT YOU'LL NEED

1. Start here:

- → 2 slices Ingham's Turkey Original Breast Slices
- → A lidded lunchbox, ideally with compartments

2. Pick your box:

The Girl Dinner Box

- → Marinated feta and green olives
- → Cornichons
- → Water crackers
- → Red grapes
- → A square or two of dark chocolate

The Kid's Lunchbox Hero

- → Tasty cheese cubes
- → Cucumber rounds
- → Apple slices
- → Pretzels
- → Sultanas

The Post-Gym Box

- → 2 boiled eggs, halved
- → 2 tbsp hummus
- → Baby cucumbers
- → Wholegrain crackers
- → A small handful of almonds

HOW TO PREPARE

1. Roll or fold the turkey slices and pack them into the biggest compartment.
2. Pick your box from the list above and fill the rest of the compartments.
3. Keep anything wet, hummus, feta, olives, in its own compartment or a small paper case, so the crackers stay crisp until you get to them.
4. Add something crunchy and something sweet to every box. That's the bit that stops you walking into the servo at 3pm.
5. Seal and refrigerate until you head out. Best eaten within 24 hours.
6. Build two or three at once on a Sunday night and the week sorts itself out.