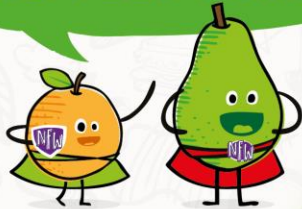


# HOW TO PACK A NUDE FOOD LUNCH

The Nude Food Warriors have created a step-by-step guide to make packing a Nude Food Lunch easy as 1, 2, 3!



## STEP 1

Choose the main lunch item, it may be something from the list below or a Nude Food creation of your own

- Sandwich/ Roll
- Wrap/Pita
- Frittata/Quiche
- Pasta/Pasta Salad
- Salad
- Sushi/Rice Paper Rolls
- Noodles
- Stir Fry
- Egg Muffins

## STEP 2

Select your fruit

- |            |             |
|------------|-------------|
| Apple      | Berries     |
| Orange     | Fruit Salad |
| Banana     | Pear        |
| Grapes     | Mandarin    |
| Watermelon | Kiwi Fruit  |

## STEP 3

Pick a nutritious Nude Food snack

- Yoghurt
- Vegetable Sticks and dip
- Cheese and crackers
- Popcorn (natural)
- Rice Crackers
- Vege chips (homemade)
- Pretzels

## STEP 4

Dont Forget Hydration!

Fill your favourite reusable drink bottle with filtered of tap water! Remember to refill throughout the day to make sure you stay hydrated!