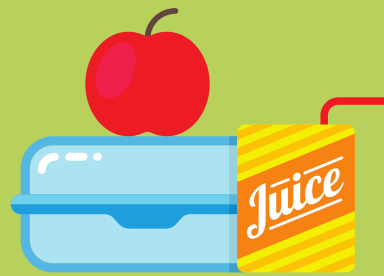


Packed Lunches

5 lunch options for fuelling on-the-go



Eating well at school can be one of the biggest challenges for youth athletes and parents and the same boring sandwiches day in day out can get repetitive.

We've put together 5 different packed lunch ideas that not only tick of your nutrition goals, but they're quick and easy to make and taste amazing too! Mix and match the options below to take your lunch box to the next level.

FALAFEL WRAP

Falafel wrap with salad & yoghurt dressing, babybel cheeses, pretzels, fruit pot & fresh orange juice

Falafel wraps are the perfect meat free lunch option as they're packed with nutrients and fibre and can offer a good amount of protein too, especially if paired with a yoghurt dressing and a couple of babybel cheeses. Fill the wrap with mixed salad and have it alongside a fruit pot and fresh fruit juice to tick off 1 of your 5-a-day and then add in a handful of pretzels for some extra carbs too.



TURKEY BAGEL

Grilled turkey & salad bagel with veggie sticks, granola bar and chocolate milk

A few slices of cooked turkey or chicken in a bagel is the perfect quick and easy lunch on the go. Top it up with fresh salad and veggie sticks to get in vitamins and minerals you need and then pair it with a granola bar and chocolate milk for an extra protein and carb boost.



TUNA BAGUETTE

Tuna & cucumber baguette with dried fruit, mixed nuts and fresh apple juice

Not only is tuna packed with protein, but it's a great source of omega-3's too making it ideal for youth athletes. Add it to a wholegrain baguette with sliced cucumber and pair it with dried fruit, mixed nuts and a fresh fruit juice for the ultimate lunch time option that's high in carbs, protein, healthy fats, fibre and nutrients too.



BEAN BURRITO

Mexican bean burrito with a yoghurt pot, sweet & salty popcorn, fresh fruit & flavoured water

Burritos are a great option for when you have a little more time the night before. Cook some mixed beans and chopped veg with Cajun seasoning and add to a wrap with cheese, salsa and salad for a delicious meat free lunch that's packed with protein and carbs and 1 of your 5-a-day. Pair it with flavoured water, a piece of fresh fruit, yoghurt and packet of sweet and salty popcorn and you're hitting all of your nutrition goals.



TOMATO PASTA

Chicken & tomato pasta with a handful of grapes, a flapjack bar and water

Having pasta for dinner? Make up an extra portion for the perfect lunch on the go. Invest in a good lunch box and cool bag and you'll never have a boring lunch again. Pair this with a flapjack bar and a handful of fresh grapes for extra carbs and nutrients and don't forget to hydrate with water too.



NUTRI-TEEN BARS

Whether you're looking for a nutritious snack to have between classes, an extra carb boost in your lunches, or just want a tasty snack to have throughout the day, NUTRI-TEEN bars are the perfect school bag snack.

Designed specifically with youth athletes in mind, our mixed berry oat bars are the ideal high energy snack option to fuel youth athletes through busy school days and ensure they've got the energy they need for their afternoon training sessions.



Head over to our [website](#) for more information and to get yours!

YSN KITCHEN APP

For more simple and delicious recipes download the free YSN Kitchen App. With 100+ recipes that are cheap, easy to make and taste amazing, it's the perfect app to fuel youth athletes in lockdown. Available on [iPhone](#) & [Android](#).

