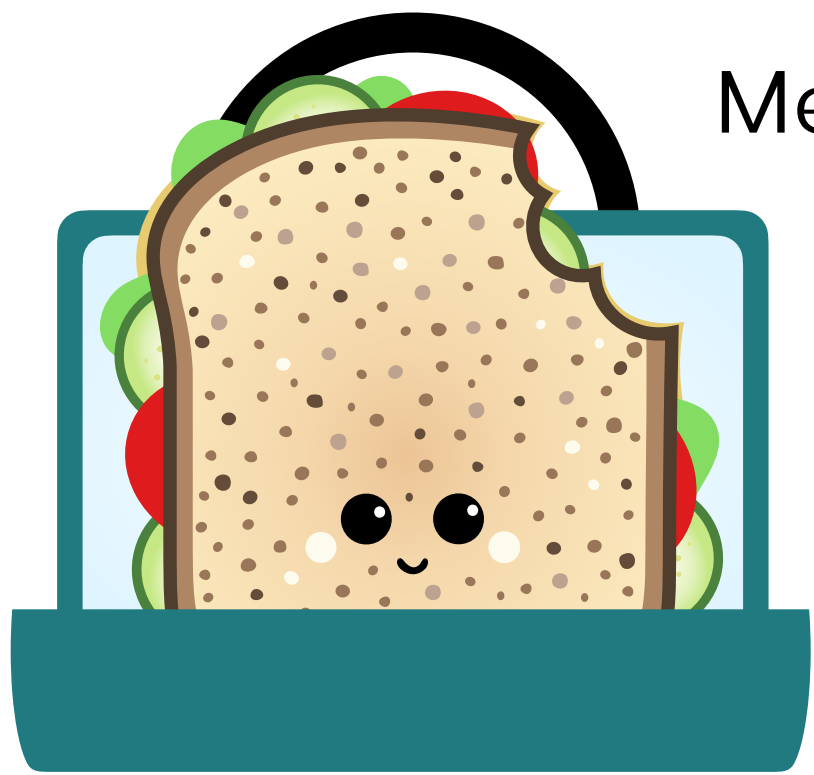
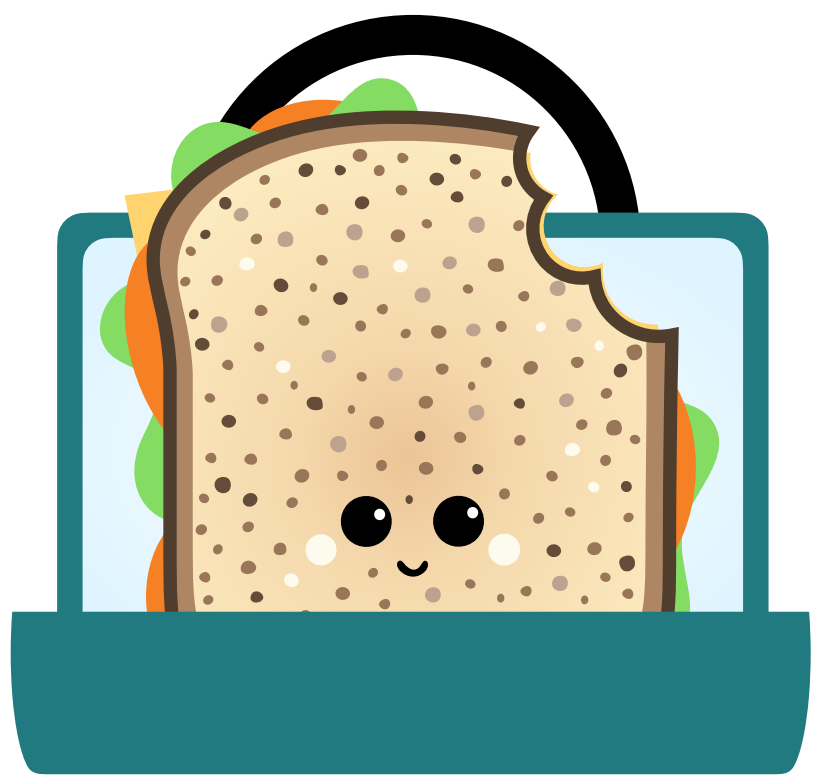


Five Days of Sandwiches

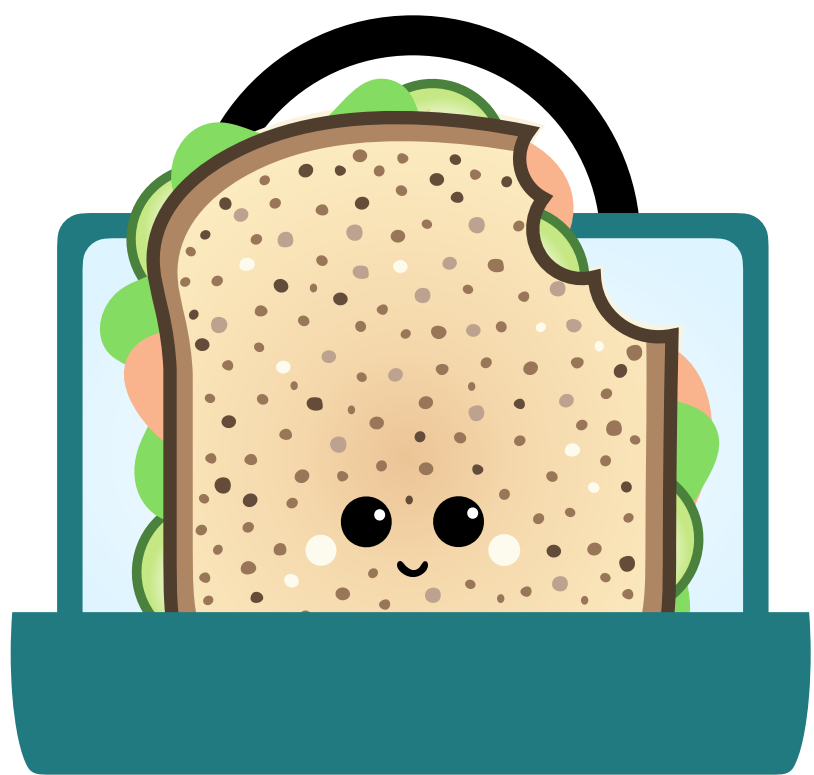
Graphics by @fineprintfood



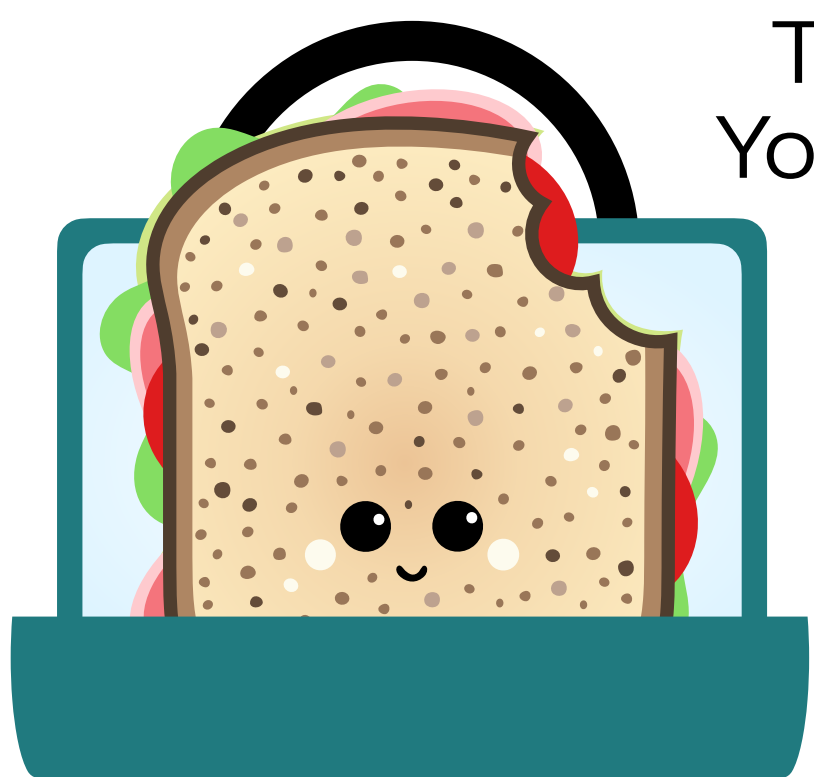
Mediterranean
Sandwich



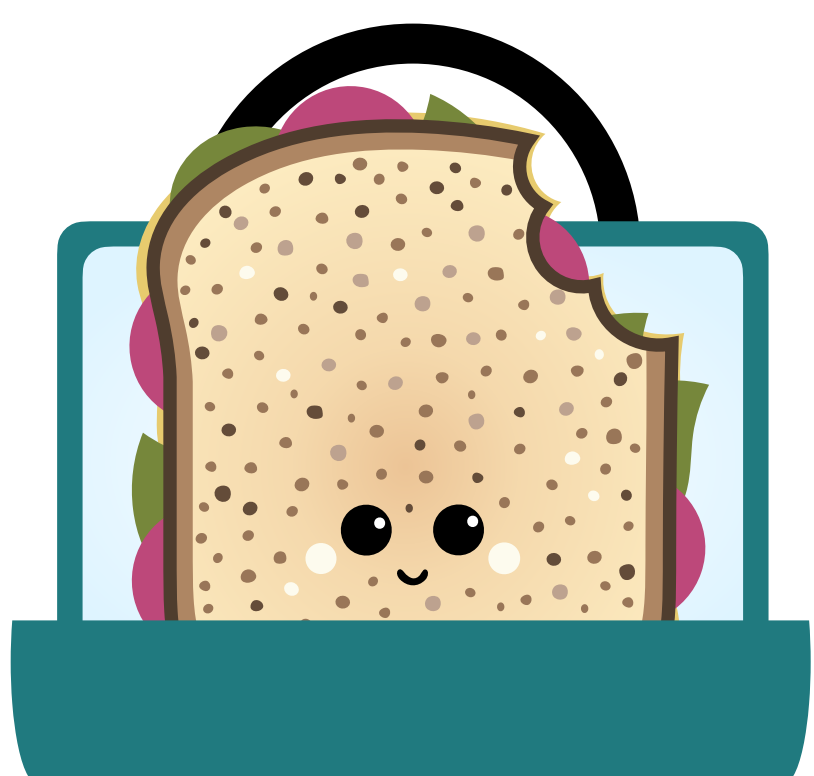
Roasted
Vegetable
Sandwich



Tuna
Mayo
Sandwich

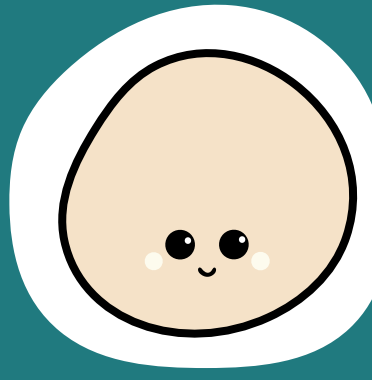
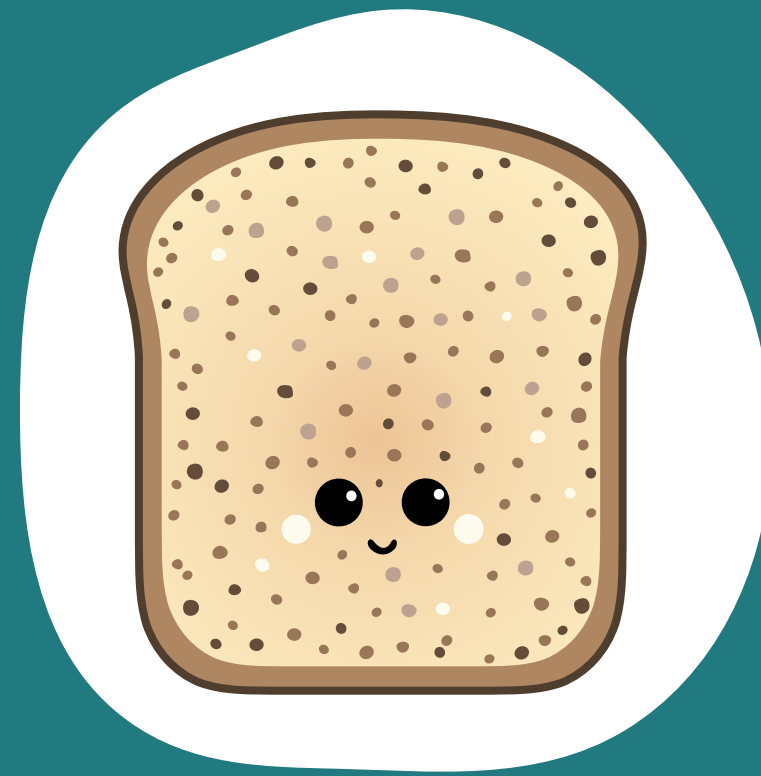


The 'Use Up
Your Leftovers'
Sandwich

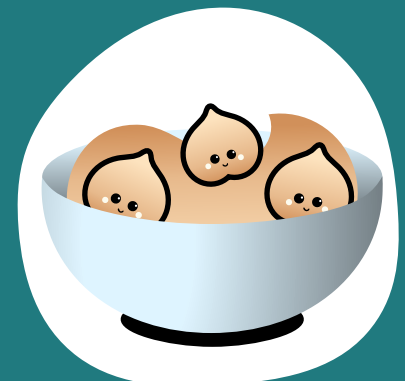


Bright
Beetroot
Sandwich

Step 1: Choose
Whole Grain Bread



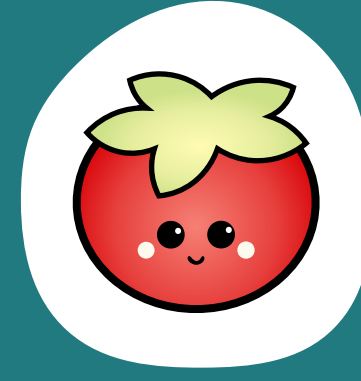
Sliced
Chicken



Hummus



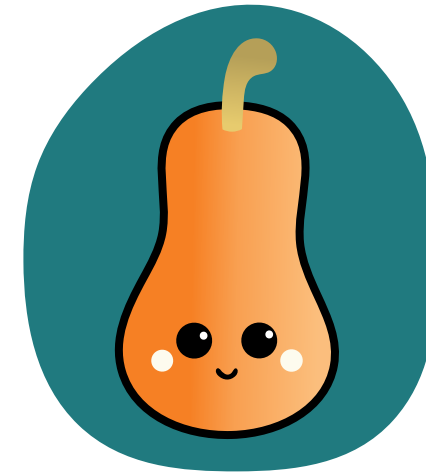
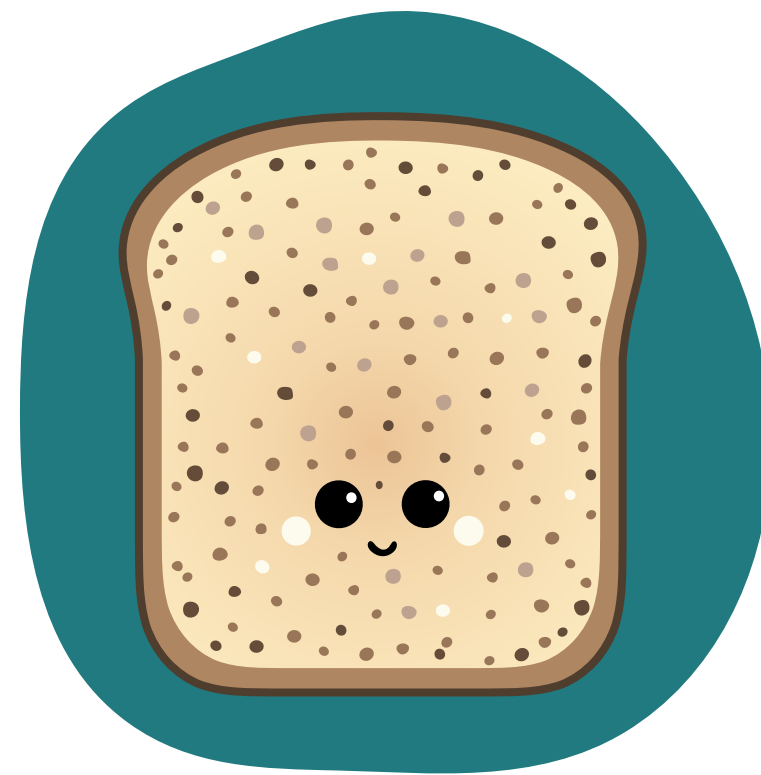
Cucumber



Tomato



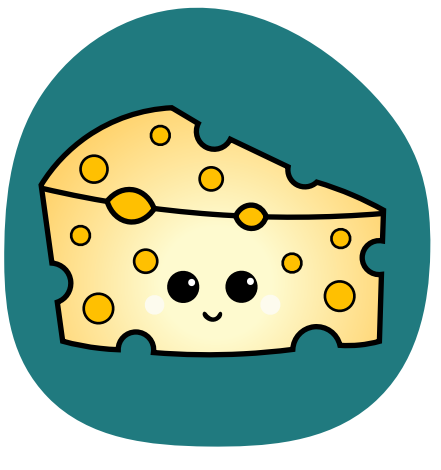
Lettuce



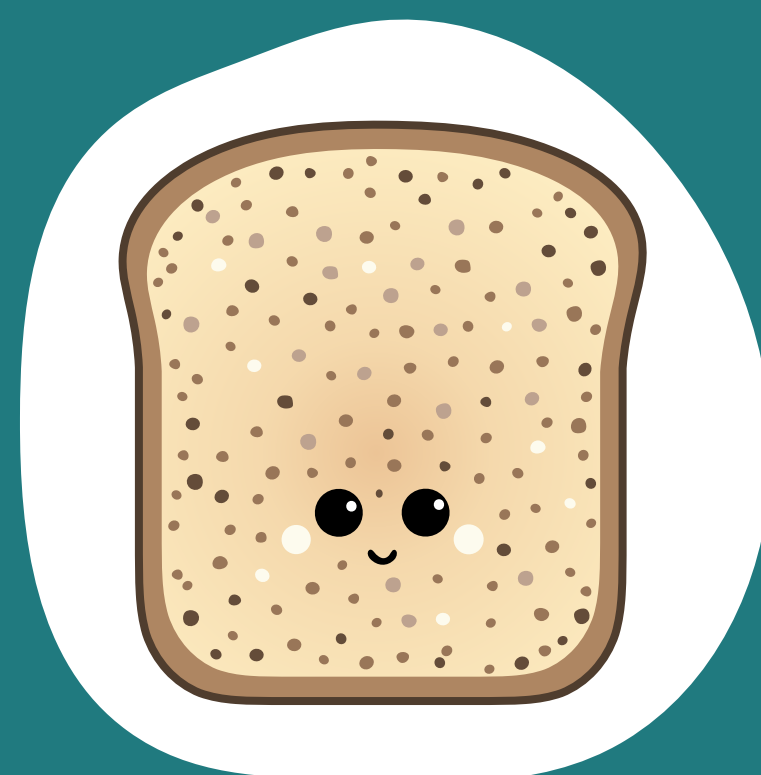
Roasted
Pumpkin



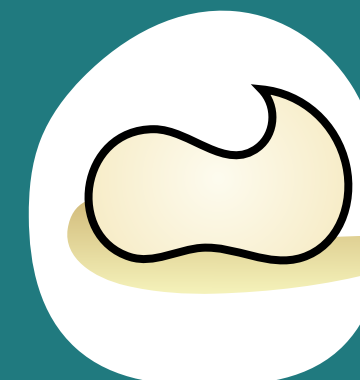
Lettuce



Cheese



Tinned
Tuna in Oil



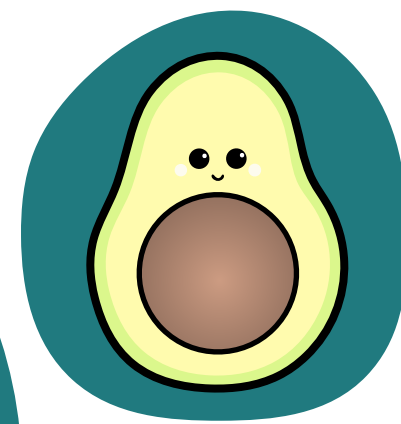
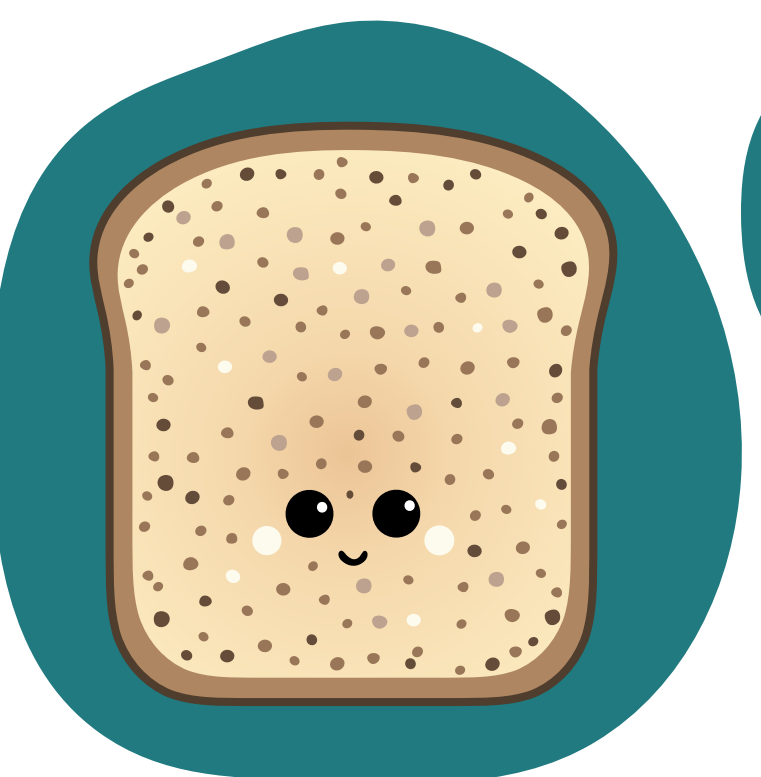
Light
Mayonnaise



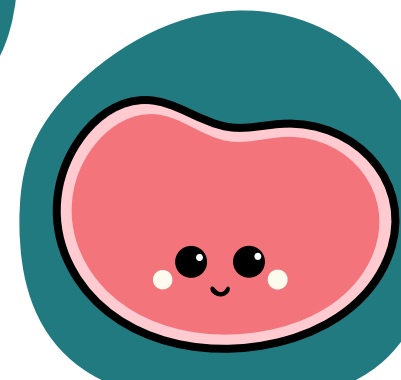
Lettuce



Cucumber



Avocado



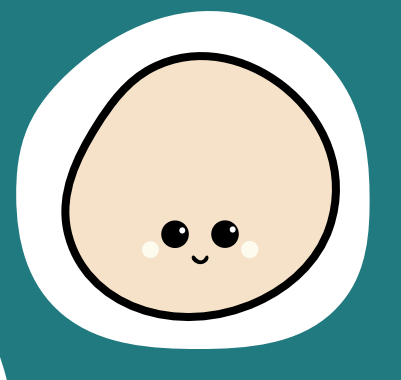
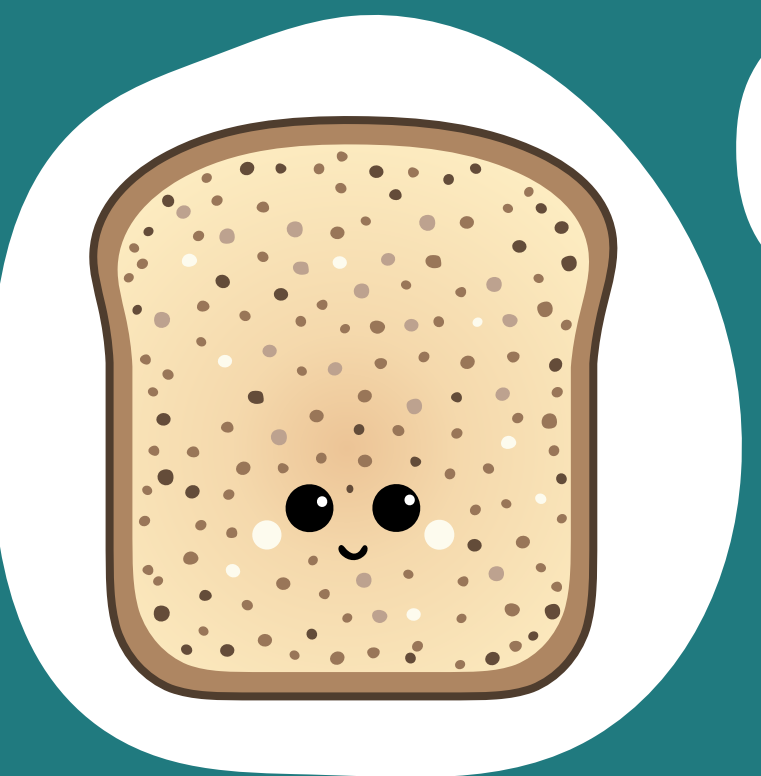
Leftover
Roast Beef



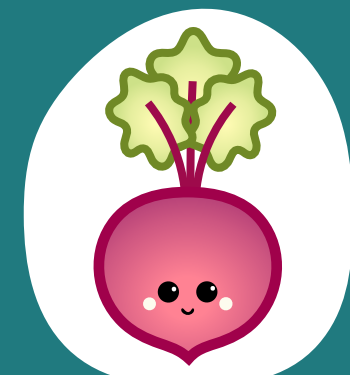
Lettuce



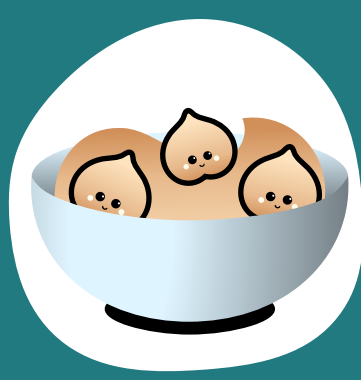
Tomato



Sliced
Chicken



Beetroot



Hummus



Spinach



Cucumber