

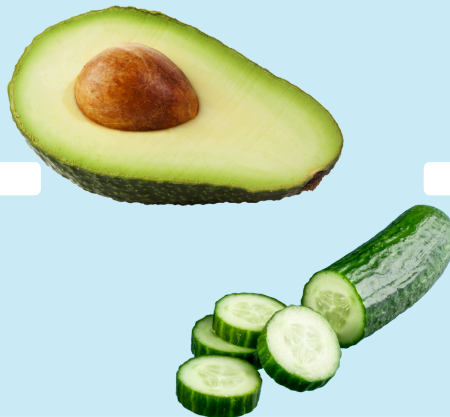


***Quick meals
in
less than
30 minutes***

PROTEIN

VEGGIES

CARBS / EXTRAS



PROTEIN

VEGGIES

CARBS / EXTRAS



or



PROTEIN

VEGGIES

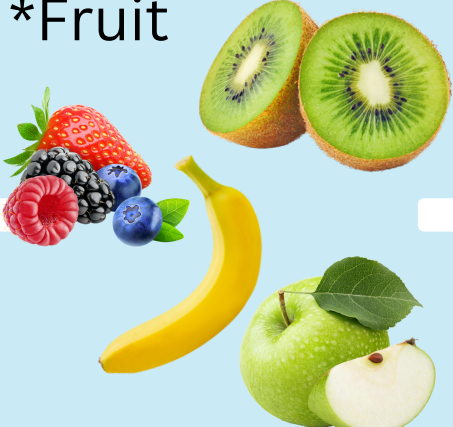
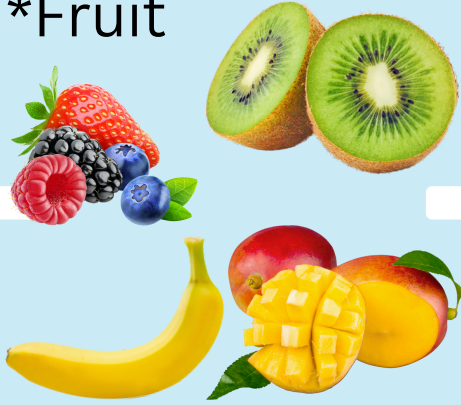
CARBS / EXTRAS



PROTEIN

VEGGIES

CARBS / EXTRAS

 		 
 		
	*Fruit 	
  or 	*Fruit 	  

Low Calorie Condiments

- **Tzatziki**
- **Greek yoghurt (lite or full fat)**
- **Hummus (< 3 tablespoons)**
- **Hellman's lite mayonnaise**
- **Soy / Fish / Oyster sauce**
- **Masterfoods salt and sugar reduced tomato sauce**
- **Wholegrain / Dijon / English mustard**
- **Sriracha sauce**
- **Nando's Lemon & Herb Peri-peri Quick Marinade**
- **Nando's Peri-peri Chilli Sauce**
- **Vinegar (white wine / red wine / apple cider / rice wine)**
- **Red Kellys Dressings Tangy Traditional dressing**
- **Praise Deli Style Balsamic and Garlic dressing**
- **Praise French / Italian dressing**
- **Beerenberg Mango Lime Chilli dressing**
- **Paul Newman's Classic salad dressing**
- **Marion's Kitchen Thai Basil Lime Coconut dressing**
- **Any fresh or dried herbs or spices**