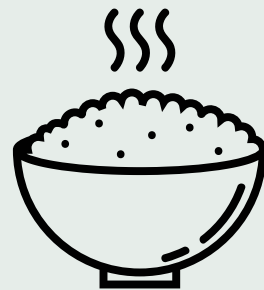


# EASY FOOD

*Tips n Tricks*

**Easy mix and match meal ideas**



# EASY MIX AND MATCH MEAL IDEAS

## STEP ONE: CHOOSE SOME PROTEIN



Baked beans



Cheese



Canned sardines



Canned tuna or salmon



Eggs



Yoghurt



Canned legumes and beans



BBQ chicken (remove skin)



Ham

## STEP TWO: CHOOSE SOME GRAINS



Rice - try brown or basmati



Wholemeal bread



Couscous



Pasta



Wholemeal crackers



Wholegrain bread



Cereal or muesli

## STEP THREE: CHOOSE SOME VEGETABLES AND FRUIT



Avocado



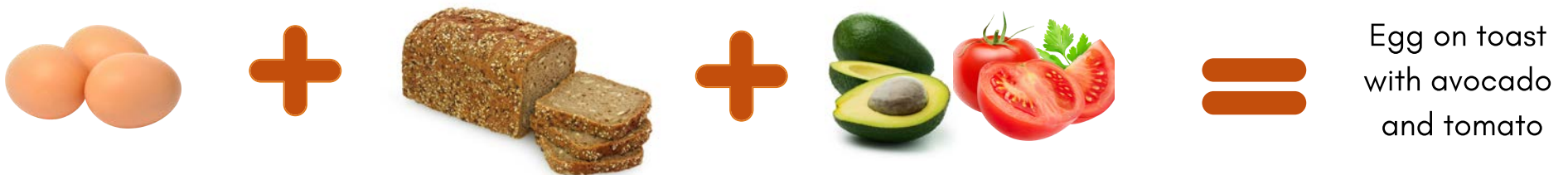
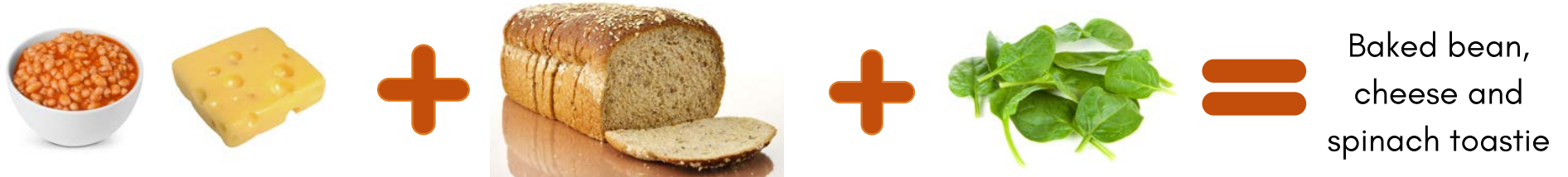
Tinned, fresh and frozen vegetables



Tinned, fresh and frozen fruit



# EASY MIX AND MATCH MEAL IDEAS



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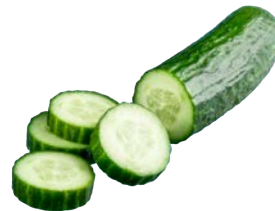
Mixed beans  
with rice, spinach  
and corn



Yoghurt and  
fruit with muesli  
or cereal



Ham and  
mushroom pasta  
with salad



Sardines on  
wholemeal crackers  
with cucumber