

Six Simple Meals

made with Supermarket Ingredients

(Serve 1 - multiply as required)

- 1 Sunrice Rice single serve pouch or tub + 100g tuna + cherry tomatoes and baby spinach with a Praise Fat Free dressing
- 2 1/2 x packet of 2 minute noodles + 100g tuna + frozen peas (cooked in the microwave) scattered with a matchbox sized piece of feta cheese
- 3 250g baked beans with 1 slice of toast and 30g grated cheese
- 4 1 x Wrap (Goodness Superfood's Barley+ wraps) with 100g shredded BBQ chicken and pre-bagged salad
- 5 2 cups undressed coleslaw + a handful of roughly chopped fresh coriander (dressed with a mixture of 2 teaspoons soy sauce + a dash of sweet chilli sauce and a dash of fish sauce) topped with shredded BBQ chicken or sliced steak
- 6 Toastie (2 slices of bread) with marinated eggplant (in brine in a jar) and cheddar cheese with a side of salad