

Building a Healthy Meal

The formula is simple: 1 wholegrain carbohydrate + 1 protein + a truckload of veggies!

Carbohydrate



Wholegrain bread



Crackers



Microwave rice cup



Steamed or baked potatoes



Wraps



Pasta



Protein



Boiled eggs



Shredded chicken



Tofu



Canned tuna



Canned tuna and beans



Chickpeas

As many vegetables as you like



Coleslaw kits



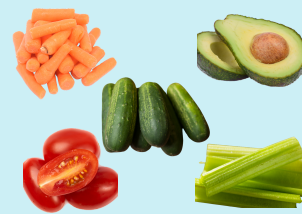
Salad kits



Canned



Frozen



Fresh

Try these sauces

- Vinaigrette
- Balsamic Vinegar
- Sriracha
- Tamari
- Mustard
- Tabasco Sauce

As a guideline, select sauces that contain **less than 400mg/100ml sodium**.



Examples to try

Mexican Bowl

Beans and rice + wholegrain tortilla chips + can of corn + mashed avocados and chopped tomatoes.

Tuna Salad

Can of tuna + precooked potato + hardboiled egg + salad mix + vinaigrette.

Pasta Salad

Pasta pouch + precooked/roast chicken + spinach + tomato + cucumber + dressing of choice eg pesto or balsamic vinegar.

Tofu rice bowl

Marinated tofu + microwavable rice + steamed frozen vegetables + dressing of choice eg tamari or sriracha.