

# Mix & MATCH

"Pin me on the fridge"



## Main: Starch + Protein or Dairy

- |                                   |                                   |   |
|-----------------------------------|-----------------------------------|---|
| • Sliced Roast-Beef*              | • Labna & Dukka Sandwich*         | • Luscious Tuna Wrap*                                 |
| • Roast-Beef & Cheese Toast*      | • Rocca-Cranberry Labna Sandwich* | • Lentil Salad with Goat Cheese & Sun-dried Tomatoes* |
| • Beef Shawerma Wrap*             | • Olive Spread Toasties           | • Boiled eggs   |
| • Chicken Avocado Sandwich*       | • White Beans Spread Sandwich*    | • Veggie Omelette Muffins*                            |
| • Chicken Oats Kofta*             | • No-Mayo Pasta Salad*            | • Mini Pizza*   |
| • Red Pepper Hummus Wrap*         | • Baked Chicken Fingers*          | • Zucchini Waffles*                                   |
| • Eggs, Labna & Arugula Sandwich* | • Breaded Kofta*                  | • Plain or Cheese Croissant                           |
| •                                 | •                                 | •   |

## Fruits & Veggies

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|---------------------------------|----------------------------------|------------------------------------|
| • Spring Vegetables Soft Rolls* | • Yummy Roasted Brussel Sprouts* | • Carrot, Cucumber & Celery Sticks |
| • Sweet Potato Snack*           | • Banana Peanut Butter Rolls*    | • Mixed Coloured Peppers           |
| • Shredded Carrot Salad*        | • Peeled Black Dates             | • Eat-Your-Rainbow Eggplant Dip*   |
| •                               | •                                | •                                  |

## Healthy Snack

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|--|--|---|
| • Honey & Cinnamon Toasties*                 | • Nutritious Cheesy Rosemary Crackers* | • Yoghurt                                     |
| • Nut Butter & Jam Rolled Toast*             | • Yellow Cornmeal Orange Cake*         | • Raw Nuts                                    |
| • Homemade Halawa or Chocolate Spread Rolls* | • Blueberry Pudding*                   | • Dried Fruits (Raisins, Apricots, Prunes...) |
| • Homemade Granola Bar*                      | • 3-Ingredient Banana Pancakes*        | • Delicious No-Wheat Pancakes*                |
| • Banana & Date Wholewheat Muffin/Cake*      | • Unsalted Popcorn*                    | •   |
| •  | •                                      | •   |