

A Meal plan & Menu for the “Woman on the GO”

PLEASE NOTE

Disclaimer: *THIS MEALPLAN HAS BEEN COMPILED BY REGISTERED DIETITIAN. SHOULD YOU HAVE ANY PRE-EXISTING MEDICAL CONDITIONS IT IS RECOMMENDED THAT YOU ALWAYS SEEK MEDICAL APPROVAL BEFORE EMBARKING ON A WEIGHT LOSS AND EXERCISE PROGRAM.

General Tips

- **Eat frequent meals.** Research shows that if you eat regularly and distribute your food over 5-6 smaller meals throughout the day you are able to lose more fat, stay leaner and maintain a healthy metabolic rate.
- Choose to **sit at a table and eat** your meals and snacks with minimal or no distractions.
- **Aim to drink sufficient* water** a day. *Tip:* Keep a water bottle in the car. Aim to start drinking at least 2 glasses of water/day (use a water bottle) – add a slice of lemon. Increase your intake of water by one glass every 5th day, till 8 glasses/day.
- **Plan** a day in advance for greater **success**.

Tip:

- Shop with a shopping list.
- Pack your daily snacks into 7 zip-lock bags, once a week and store in your fridge, ready to grab and run!

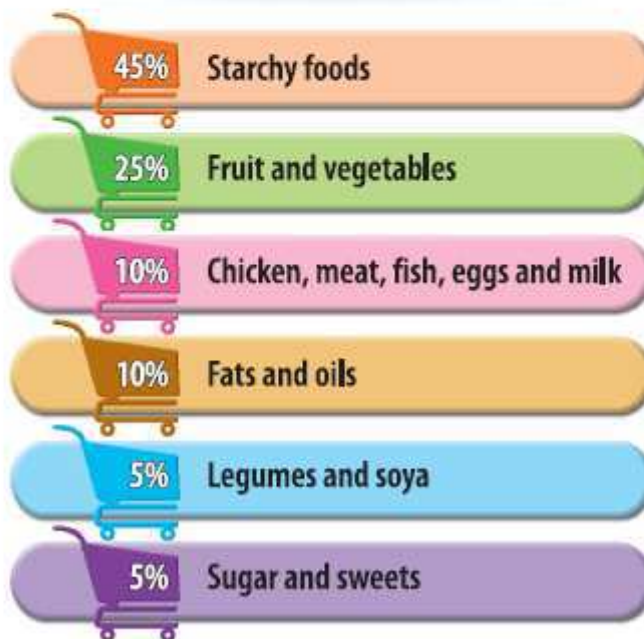
Exercise:

- Use a pedometer – wear it all day, to count your steps. Aim for 10 000 steps/day. (increase by 500 steps/day each week).
Monitor your daily steps.

Relaxation:

Take 15 minutes each day to relax.

A HEALTHY SHOPPING TROLLEY



What a shopping trolley should look like?

Remember it's what comes into the home that matters.

(use together with trolley visual)

Have you ever wondered about the contents of other shoppers' trolleys and just what a 'healthy' trolley should look like?

The chances are that you have and have also cringed inwardly at the check-out counter when comparing the contents of your trolley to that of others.

All it takes to develop sound 'trolley habits' is to recreate your shopping list under six key groups of **food** rather than randomly listing foodstuffs by item name. This will ensure that you quickly develop an awareness of what constitutes a balanced diet for your family.

The optimum trolley should contain a wide variety of foods and incorporate items from each of the groups listed below;

Group 1 – Starchy foods (High in carbohydrates):

These foods should be part of every meal and snack and therefore should make up a large proportion of your trolley.

- Whole grain bread
- Whole wheat pasta (durum wheat)
- Whole grain biscuits
- Long grain rice (e.g. Basmati, white and brown)
- Potatoes
- Pumpkin or butternut
- Peas
- Mealies / corn on the cob
- Maize meal

Group 2 – Fruits and vegetables:

Five servings of fresh or frozen fruit and vegetables should be eaten every day, so these should also make up a large proportion of your trolley

- Fresh fruit
- Dried fruit (Any, but in smaller portions)
- Fresh or frozen vegetables
- Fresh fruit juice (100% pure/unsweetened)

Preferably select fresh fruits and vegetables that are grown locally and in season. One fruit serving can be replaced with one serving of 100% pure unsweetened fruit juice (200 ml).

When cooking these, choose methods that preserve the nutritional value e.g. steaming, baking or microwaving with a little water.

Group 3 –Chicken, meat, milk, fish, and eggs (Rich in protein):

Protein should be included in every meal or snack, in smaller amounts than starchy foods and fruit and vegetables. A serving is usually the size of the palm of your hand and the same thickness as your hand. One should try to include fish twice a week, skinless chicken 2- 3 times per week and lean red meat 2 – 3 times per week.

- Oily fish varieties (eg. salmon, trout, pilchards or sardines)

- Chicken breasts (skinless)
- Lean beef (e.g. beef stroganoff, mince meat, steaks or schnitzel without any visible fat)
- Ostrich meat
- Milk (2%, low fat or fat free varieties)
- Yoghurt (2%, low fat or fat free varieties)
- Cheese, unprocessed vs. processed varieties. (Low and medium fat; soft and hard cheeses like cottage cheese, ricotta, feta, mozzarella, and edam)
- Eggs (if you are free of any cholesterol problems, you can include an egg a day, as a replacement for meat/chicken/fish in a meal).

Group 4 – Legumes and soya:

Try to include either dried or tinned versions of these in dishes at least once or twice a week. They are low in fat, provide fibre, are a source of plant protein and best of all they are economical. Aim for at least one vegetarian main meal per week.

- Dried / split peas
- Chickpeas
- Beans (e.g. Red kidney, sugar and baked beans)
- Lentils
- Soya (e.g. Tofu)

Group 5 – Fats and Oils:

Fats should be used sparingly. Choose soft tub margarine that is either low or medium fat and higher in unsaturated (poly and monounsaturated) fats.

For the most benefit, buy extra virgin olive oil to use sparingly as a salad dressing as opposed to cooking with it. Should you need to 'flash fry' food use cooking spray, or as the Heart and Stroke Foundation suggests, use canola oil. It is always a good idea to invest in a good non-stick frying pan and to use a moderate heat setting to prevent sticking. This way you need very little additional fats and oils when cooking.

Check the fat levels in sauces that you buy for pastas or other dishes. Cream-based sauces tend to be quite high in fat so rather choose tomato based ones.

Good fats to include are;

- Mixed nuts and seeds
- Avocado
- Vegetable oils (grapeseed, olive, canola, sesame and sunflower oils)

Group 6 – Treats (Sugar and Sweets):

Foods such as sugar (table sugar, white or brown or yellow), sweets (jelly sweets, lollipops), sugary fizzy drinks and syrup are high in sugar and should be used sparingly and only with exercise. So, your trolley should not contain too many of these foods.

MEAL PLAN

Use with Exchange list here below to make your own choices
Alternatively, just use the 7-day Menu on page 14

Water: aim to drink at least 8 glasses/day (tip: take a water bottle with you)

Optional: 1 cup (250ml) low fat/fat free milk for tea/coffee

MEALTIMES	MEAL PLAN(1)	MENU EXAMPLE Use your Exchange list for more choices
Breakfast	1 Starch 1 Milk 1 Fruit	½ cup Oats 250ml milk, low fat 1 Seasonal fresh fruit (fist size)
Morning Snack	1 Fruit 1 Milk (e.g. yoghurt)	1 Seasonal fresh fruit (fist size) 1 container yoghurt
Lunch	2 Starch 1 Protein 1 Vegetable 2 Fats	2 slices low GI bread 40g Tuna, in brine 1 cup raw, mixed vegetables (for bread & as salad) 5ml Margarine/Olive oil or Butter and 2 tsp. mayonnaise, lite
Afternoon Snack	1 Starch 1 Fat 1 Fruit	3 Provitas 1 tbsp. Peanut butter 1 Seasonal fresh fruit (fist size)
Dinner	2 Starch 2 Protein 2 Vegetables 2 Fats	1 cup cooked Basmati Rice 60g Grilled skinless Chicken with lemon & Black pepper 1 cup medley of vegetables, steamed/roasted Drizzle 2 tsp of Canola/Olive Oil into rice or over vegetables(to roast)

EXCHANGE LIST

EXCHANGE LIST OF FOODS FOR MEAL PLANNING

What is an Exchange list?

Foods are grouped into food groups. Within each group, these foods can be exchanged for each other. Once you select a specific food item, you will also need to choose the number of portions allowed. "Portion" can be thought of as the *amount* of a specific food you **choose** to eat for dinner, snack, or any other eating occasion. You can use this list to give yourself more variety and choice into your mealplan.

A healthy approach to eating means that you eat the right balance of these groups. They are:

- Starches/Grains, such as cereal, oats, bread and potatoes
- Fruit
- Vegetables
- Protein/Meat
- Milk/Dairy
- Fat

You can use this Exchange list to:

- Determine portion sizes
- Meet your daily goals
- Make healthy food choices

All portion sizes listed = 1 Food Exchange.

Example of how this works:

2 Grain Exchanges = 2 slices of Low GI Bread OR 1 small bagel OR 1 slice rye bread

1 Fruit Exchange = 1 medium apple (tennis-ball size) OR

1 ½ Dairy Exchanges = 375ml fat free milk

Tsp. = teaspoon = 5 ml

Tbsp. = tablespoon = 15 ml

STARCHES/GRAINS (rich in Carbohydrates)	
<u>15g carbohydrates, 2g protein/exchange</u>	
Single Portion Size	Food Exchanges
	Breads
½ (30g)	Bagel, whole-wheat, small
½	English muffin, whole-wheat
½	Pita, whole-wheat
½	Bread Rolls: whole-wheat, crushed wheat, oatbran, Low GI (Glycemic Index), fruit
1 slice	Bread: raisin bread, rye or pumpernickel bread, Low GI (Glycemic Index), whole-wheat, crushed wheat, oatbran, oat, seed loaf
	Cereal / Grains / Pasta
½ cup	Bran Cereals, e.g. All Bran, Hi-Fibre Bran, Raisin Bran, Shredded wheat Porridge (e.g. Oats, Oat bran), cooked
½ cup	Cornmeal (dry)
1/5 cup	Mealie meal, cooked
½ cup	Flour (dry)
1/3 cup	Raw or low GI Muesli
1/3 cup	Pasta, raw
20g	All Pasta (cooked, if wheat - preferably durum wheat)
½ cup	Whole-wheat Pronutro
1/3 cup	Quinoa, Rice (all types/varieties) , barley, pearl-wheat, couscous – cooked
½ cup	Rice, raw
20g	Rice, cooked
1 biscuit	Weetbix
	Crackers / Snacks
3	Provita
1 cup	Popcorn (home-made, air-popped with no added fat)
2	Ryvita
	Dried Beans / Peas / Lentils
½ cup (75g)	Baked beans, Bean salad (no oil), Chickpeas, Dried beans (such as kidney, white, split, blackeye) , Lentils - cooked weight
	Starchy Vegetables
15cm cob	Corn on the cob, mealie
2 small	Baby Potato
½ cup	Corn kernels (whole canned or frozen)
½ cup	Green Peas
1 cup	Oven baked chips
1 medium (90g)	Potato
1 cup	Pumpkin, butternut or Hubbard squash, cooked
½ cup	Yam or sweet potato, cooked

FRUIT[10g carbohydrates/exchange](#)

Single Portion Size	Food Exchanges
Fresh Fruit (1 unit = tennis ball size)	
½	Grapefruit
1 Fruit	e.g. apple, medium banana, small mango, naartjie, nectarine, orange, pear, peach
2 smaller fruit	e.g. kiwi, plums, granadillas, guavas
2/3 cup	Fruit salad
1 ¼ cup	Strawberries
1 cup, cubed	Melon, pineapple, pawpaw
Handful(approx. 6)	Litchis
12	Grapes
½ cup	Canned fruit (in fruit juice)
½ cup	Fruit Juice, (100% — all flavours)
2 Tbsp.	Raisins /Sultanas
2	Figs, peach halves, dried
3	Fresh dates or prunes
4	Apple rings, dried
8	Apricot halves, dried
¾ cup	Blackberries & Blueberries
1 cup	Raspberries
12	Cherries (large, raw)
½ cup	Frozen fruit

VEGETABLES

[5g carbohydrates, 2g protein/exchange](#)

Single Portion Size	Food Exchanges
1 portion equals ½ cup (125 ml) of cooked vegetables or vegetable juice alternatively, 1 cup of raw vegetables	Artichoke (½ medium) Asparagus Beans (green) Bean sprouts Beets Bell peppers Broccoli Brussels sprouts Cabbage, cooked Carrots Cauliflower Celery Eggplant/Brinjal /Aubergine Mixed vegetables (without corn, peas or potatoes) Mushrooms Onions Peas (mange tout/sugar snap) Radish Salad Greens Sauerkraut Spinach Spring onion Squash, summer, zucchini String beans Tomato (fresh, juice, canned) Turnips Vegetable juice Waterblommetjies Zucchini (cooked)

MILK/DAIRY

[12g carbohydrates, 8g protein, 5-10g fat/exchange](#)

Single Portion Size	Food Exchanges
1 cup (250ml)	Full cream, low fat, skim or fat-free milk, soya milk (calcium enriched)
¼ cup (25g)	Powdered (non-fat dry, before adding liquid)
½ cup (125ml)	Evaporated milk
175ml	Custard
100ml	Fat free Yoghurt, Soya yoghurt
	Low fat fruit yoghurt, Rooibos Yoghurt

PROTEIN[7g protein/exchange](#)**Note:** Weigh meat after cooking and after removing bones and fat

30g (1 exchange) = size of 1 matchbox, chicken wing or drumstick

60g = 2 matchboxes, 1 chicken thigh, or half a cup of cottage cheese

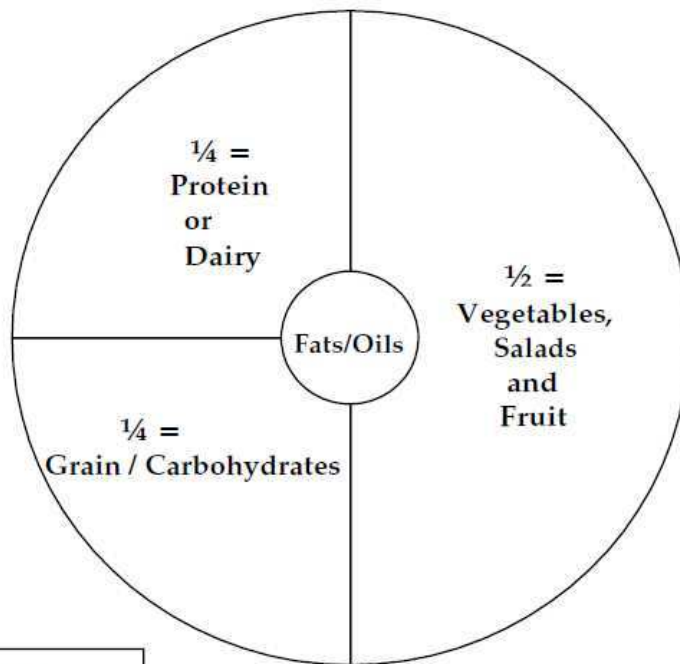
90g = size of a deck of cards, 1 chicken breast, 1 fish fillet, 1 medium chop

Single Portion Size		Food Exchanges
Beef	30g	Lean beef with all fat trimmed, (e.g. sirloin, silverside)
Biltong	30g	Ostrich or game only
Cheese	¼ cup	Cottage cheese (fat-free and low fat)
Cheese (matchbox-size)	30g	Mozzarella, feta, ricotta, lower fat/reduced fat hard cheese
Dried Beans	½ cup	Dried beans, peas, lentils – all cooked, tofu
Egg	1	Egg, whole
Fish	40g	Fish, fresh, frozen nor canned, in brine or in oil and not fried
Mussels	10 (25mmx12mm)	Boiled, canned
Pork	30g	Lean ham, Lean Loin (all cuts tenderloin) chops
Poultry	30g	Chicken, turkey (without skin)
Prawns /Shrimps (17mm x 5mm)	20	Boiled, canned
Wild game	30g	Ostrich, Venison
½ Sausage		Fry's traditional soy sausage (2 protein=1 sausage)
½ Burger		Fry's traditional Burger* sausage (2 protein=1 burger) Fry's Special Chunk strips
2 slices		Pastrami
30g		Cooked ham

FATS	
5g fat/exchange	
Note: Foods in <i>italics</i> , they are high in saturated fat - choose these very infrequently	
Single Portion Size	Food Exchanges
1/8 medium 1 strip 1 tsp 2 tsp 100ml 1 tbsp 2 tbsp 2 tbsp 1 tbsp 2 tsp	Avocado <i>Bacon, crisp</i> Butter, margarine Margarine, lower/reduced fat & salt <i>Coconut milk</i> <i>Cream, heavy</i> <i>Cream, light</i> <i>Cream, sour</i> <i>Cream cheese</i> Peanut Butter, no sugar added
	Dressings
2 tsp 10 small or 5 large	All varieties, Mayonnaise type (non-hydrogenated), e.g. Canola Lite Mayonnaise Olives
	Nuts
5 1 tbsp 2 tsp 20 small or 10 large 2 whole 1 tbsp	Almonds, whole or cashews, raw Other nuts or mixed nuts, raw Peanut butter Peanuts, whole, raw Pecans and walnuts Seeds (sesame, pine, sunflower, other)
	Oils
1 tsp	Extra Virgin Olive Oil, Avocado, Canola, Extra Virgin Olive Oil, Flaxseed(linseed), grapeseed, peanut, soy, sunflower

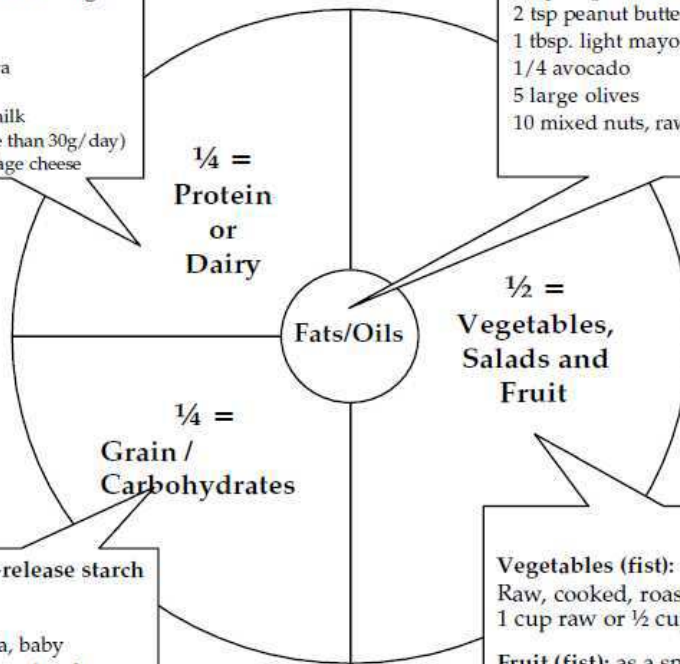
SEASONINGS	
Basil (fresh) Celery seeds Cinnamon Chilli powder Chives Curry Dill Flavouring extracts (vanilla, almond, walnut, peppermint, butter, lemon, etc.) Garlic Garlic powder Herbs – fresh/dried	Lemon Lemon juice Lemon pepper Lime Lime juice Mint Onion powder Oregon Paprika Pepper Pimento Soy sauce, low-sodium (lite) Spices

A Healthy Plate*



Meat, chicken, fish, soya, milk products (protein):
 Red meat, chicken or fish: the palm of your hand, thick as your little finger (90g = 3 portions)
1 Portion:
 30g meat, chicken, fish, soya
 1 Egg
 250ml Low fat or fat free milk
 Lower fat cheese (not more than 30g/day)
 1/4 cup low fat/fat free cottage cheese

Fats/Oils: 1 portion
 1 tsp Vegetable oils, e.g. olive, canola
 2 tsp peanut butter
 1 tbsp. light mayo/low oil salad dressing
 1/4 avocado
 5 large olives
 10 mixed nuts, raw



Grains (carbs): 1 slow-release starch the size of your fist
 (see portion sizes)
 Rice, durum wheat pasta, baby potatoes, sweet potato, mealies, bran cereal, low GI muesli, rolled oats, low GI bread, seed loaf bread, rye bread, whole-wheat crackers, legumes

Vegetables (fist):
 Raw, cooked, roasted, steamed
 1 cup raw or 1/2 cup cooked
Fruit (fist): as a snack or between meals
 (1 portion = size of tennis ball or 1 cup or 1/2 cup fruit juice or dried fruit (see portion sizes))

Weight loss Menu (1) FOR LADIES

	BREAKFAST (choose any Breakfast)	LUNCH (choose any Lunch)	SUPPER (choose any Supper)	CHOOSE TWO ITEMS/SNACK
DAY 1	1 cup low fat/fat free milk ½ cup Oatbran 1 medium banana, sliced	1 cup home-made vegetable soup(only vegetables) 2 slices low GI / rye bread 30g chicken, skinless 2 tsp low-fat dressing/mayonnaise 1 tsp. mixed nuts	1 cup cooked spaghetti 60g lean mince ½ cup Tomato based sauce Green beans Carrots 2 tsp. vegetable oil	<p>MORNING SNACK</p> <p>Choose one:</p> <p>1 piece fresh fruit / 1 cup fruit salad / ½ glass fruit juice/ Trufruco bar</p> <p style="text-align: center;">+</p> <p>100ml low fat fruit yoghurt or 175ml fat free/plain yoghurt</p> <p>AFTERNOON SNACK</p> <p>Choose one:</p> <p>2/ryevita OR 1 slice low GI / rye bread with 2 tsp peanut butter OR 1 muffin (recipe) with 1 tsp. peanut butter</p> <p>OR</p> <p>20g mixed nuts</p> <p style="text-align: center;">+</p> <p>1 piece fresh fruit / 1 cup fruit salad / ½ glass fruit juice</p> <p>PER DAY</p> <p>1 X 250ml = 1 cup low fat or fat free milk for tea/coffee</p>
DAY 2	1 cup low fat/fate free milk 1/3 cup Low GI Muesli ½ cup fruit juice	1 cup sweet potato 30g beef, chopped 1 cup Mixed chopped vegetables 2 tsp low-fat mayonnaise 1 tsp. mixed nuts	1 cup brown rice 60g grilled chicken breast (no skin) ½ cup low-fat, tomato-based sauce (made with 2 tsp vegetable oil) Peas, cabbage	
DAY 3	1 cup low fat/fat free milk ½ cup Oats 2 Tbsp raisins	2 slices low GI bread 2 slices lean cold meat(lean ham) 1 cup Sliced tomato and cucumber 1 tsp soft margarine 1 tsp. mixed nuts	1 medium sweet potato 60g grilled fish 1 cup vegetable stir-fry 2 tsp vegetable oil	
DAY 4	1 cup fat free/plain yoghurt 1/3 cup Low GI Muesli ½ grapefruit or 1 seasonal fruit	4 Ryvitas OR 6 Provitas 30g lean biltong, shaved 1 cup Salad (vegetables only) 2 tsp low-fat mayonnaise 1 tsp. mixed nuts	1 cup cooked pasta 60g ostrich strips 1 cup roasted vegetables (made with 2 tsp vegetable oil)	
DAY 5	1 tablespoon peanut butter, salt and sugar free 1 slice low GI / rye bread, toasted ½ cup fruit juice/ 1 fresh fruit	1 slice low GI bread 1 cup baked beans 1 cup Grilled tomatoes and mushrooms ¼ avocado pear	1 cup basmati rice 60g lean chicken cubes 2 cups mixed salad 2 tsp low-oil dressing	
DAY 6	1 cup fat free/plain yoghurt ¼ cup low GI muesli 1 medium banana	1 medium baked potato 30g cheese, medium fat, e.g. Mozzarella, grated 1 cup Mixed seasonal vegetable salad ¼ avocado pear	1 mealie 60g lean beef fillet ½ cup butternut 1 cup broccoli 2 tsp. margarine	
DAY 7	1 cup low fat/fat free milk 1 Weetbix 1 cup seasonal fruit salad	2 slices low GI bread 1 egg, boiled 1 cup Salad (vegetables only) 2 tsp low-fat mayonnaise 1 tsp. mixed nuts	1 cup brown rice 60g baked fish in 1 cup tomato and onion mix 2 tsp vegetable oil 1 cup mixed vegetables	

OMEGA 3 & 6 SEED MIX RECIPE

INGREDIENTS (can make smaller quantities or buy ready-made seed mix)

300g Linseeds

100g sesame seeds

100g sunflower seeds

100g Pumpkinseeds

METHOD

1. Mix together and use daily.
2. Grind (in coffee grinder) enough for one week at a time.
3. Store in an airtight container.
4. Refrigerate.
5. Adults: 1 tablespoon/day.

RAINBOW RICE SALAD

(A great quick lunch, just add your protein portion)

INGREDIENTS

200g uncooked Brown & Wild Rice with s

1 tin (410g) Butter beans, drained

1 tin (400g) Red kidney beans, drained

2 tomatoes, chopped

1 Red Pepper, chopped

1 Yellow Pepper, chopped

1 Onion, chopped

½ Cucumber, chopped

Dressing

1/2 C extra light olive oil

1/4 C balsamic vinegar

1 T lemon juice

1/2 tsp each parsley, oregano & thyme

1 T sesame seeds

Salt & Black Pepper to taste

METHOD

1. Cook rice and allow it to cool
2. Then add in all the other ingredients and mix through.
3. Mix all the dressing ingredients together - shake and pour over the salad.
4. Chill and serve.

Serves 8

	Grain/Starch	Vegetable	Fruit	Meat & meat Alternatives	Dairy	Fat
Per Serve	2	1		1 (add 60g of meat, chicken or fish to give you 3 portions of protein)		1

BRAN MUFFINS (LOW GI)

Makes 24 large muffins

NOTE: This batter has to stand overnight.

INGREDIENTS

2 eggs
 150 g soft brown sugar (1 cup)
 60 ml canola oil
 250 ml oatbran, pressed down into the cup
 375 ml flour (1 ½ cups), sifted before measuring
 500 ml digestive bran (2 cups)
 2 ml salt
 15 ml bicarbonate of soda
 1 large grated apple (optional, can use other fruit, e.g. banana)
 250g sultanas
 5 ml cinnamon
 500 ml low fat milk
 5 ml vanilla essence

METHOD

1. Beat together eggs, sugar and oil.
2. Add all the dry ingredients, grated apple and the sultanas.
3. Mix thoroughly.
4. Mix the milk and vanilla and add to the flour mixture.
5. Stir until well blended.
6. Leave overnight in the fridge.
7. When ready to bake, stir and drop into muffin pans.
8. Bake at 180C for 15 minutes.

This mixture can be kept in the fridge for up to 30 days. Do not freeze the batter.

Baked muffins freeze very well.

NOTE: These muffins are deliciously moist and do not need margarine or butter.

	Starch	Vegetable	Fruit	Protein	Dairy	Fat
Per Serve	1		½			½

MUESLI RUSKS (LOW GI)

(makes 32 rusks)

INGREDIENTS

310 ml whole wheat flour (1 ¼ c)
 250 ml oat bran (1 c)
 310 ml whole-wheat Pronutro, original (1 ¼ c)
 20 ml baking powder (4 tsp)
 5 ml bicarbonate of soda (1 tsp)
 2.5 ml salt (½ tsp)
 125 ml lower GI oats (½ c)
 125 ml dried fruit-cake mix (½ c)
 60 ml sunflower seeds or mixed nuts (¼ c)
 125 ml soft brown sugar (½ c)
 2 extra large eggs
 500 ml unflavoured low fat yoghurt (2 c)
 90 ml oil, macadamia or walnut (6 tbsp)
 5 ml vanilla essence (1 tsp)
 2 small apples, grated

METHOD

1. Preheat the oven to 180°C and lightly grease two 100 x 200 mm bread pans with non-stick cooking spray or a paper towel dipped in oil.
2. In a medium bowl, mix the flour, oat bran, Pronutro, baking powder, bicarbonate of soda, salt, oats, dried fruit and seeds or nuts together.
3. In another bowl, beat the sugar, eggs, yoghurt, oil and essence together
4. Add the grated apple to the yoghurt-egg mixture
5. Mix the dry ingredients into the wet ingredients, making sure that all ingredients are moistened.
6. Spoon the batter into the lightly greased bread pans and bake for 60 minutes.
7. Take the loaves out of the oven and leave them to cool for 15 minutes before removing and allowing them to cool on a cooling rack.
8. Cut the loaves into 32 rusks — two rows of eight per pan
9. Place the rusks onto baking trays. Dry them out in the oven at 100°C for five to seven hours.

	Starch	Vegetable	Fruit	Protein	Dairy	Fat
Per Serve = 1 Rusk	1					1

HUMMUS

INGREDIENTS

1x 410g can Chickpeas

60ml Lemon Juice

5-10ml Garlic, crushed

60ml (4T) Tahini (Sesame seed paste)

(Salt, pepper, Paprika, Parsley)

METHOD

1. Mix all the ingredients in a blender or food processor and season to taste.
2. Store in fridge for up to one week.

	Starch	Vegetable	Fruit	Protein	Dairy	Fat
Per Serve = ¼ Cup	1					

OR

	Starch	Vegetable	Fruit	Protein	Dairy	Fat
Per Serve = ¼ Cup				1		