Choose

1 protein



## Choose at least 2 vegetables







Choose 1 fat



chilli

or smoked

paprika flakes

spice mixes

(if bought,

use ones

with no salt)

lemon, lime or

orange zest

tabasco sauce

herbs (eg,

coriander,

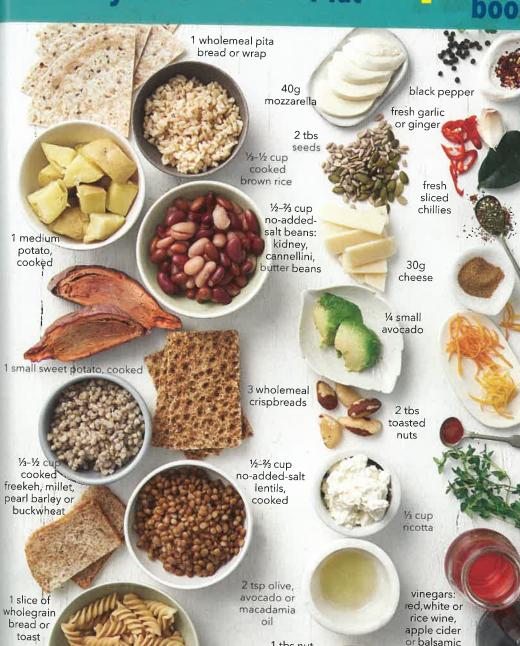
parsley,

thyme, basil, mint, chives,

oregano) hfg

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1 tbs nut

butter or

tahini

APRIL 2019 HE

1/2-3/4 cup

cooked

vholegrain pasta