

EASY SUPERMARKET MEAL IDEAS



Here are 10 quick meal ideas using supermarket prepared ingredients that are a healthier alternative to takeaways when your pushed for time.

Shore Mariner Raw Prawn Cutlets 400g and Pams Oriental Stir Fry Mix 1kg with a homemade satay sauce (2 Tbsp peanut butter, 1/3 cup coconut milk and 2 tsp soy sauce)



Uncle Ben's brown rice pack with Sealord Olive Oil Tuna Sensations 185g and Pams Oriental Stir Fry Mix 1kg



Pams Fresh Kale and Spinach Salad 250g with Tegel Meal Maker Shredded Roast Chicken 300g and an avocado



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Leaderbrand Classic Broccoslaw 450g, Pams Pepper Hot Smoked Salmon 150g & SunRice Quick Cup Brown Rice & Quinoa (2pk)



Pams Quinoa Lentils & Riced Cauliflower 750g with Shore Mariner Raw Prawn Cutlets 400g and Lisa's Original Hummus with Garlic & Lemon 200g



Naked Locals Soup (any flavour) 500g with 1 Tbsp Extra Virgin Olive Oil & 2 slices of Venerdi Super Seeded Paleo Bread 550g



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Leaderbrand Classic Caesar Salad 250g with 2 poached/boiled Natural Free-Range Co Natural White SPCA eggs (12pk) & an avocado



Alamir Bakery Original Falafel Bites 340g with SunRice Quick Cup Brown Rice & Quinoa (2pk) & Pams Oriental Stir Fry Mix 1kg and a drizzle of extra virgin olive oil



Cooked deli chicken, Pams Fresh Mesclun Salad 120g & an avocado, drizzled with extra virgin olive oil, pumpkin and sunflower seeds



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Pams Original Marinated Mussels 375g with one corn cob and tomato, basil and olive oil salad.



These meal ideas are just a guide and a good alternative to takeaways when pushed for time. The make up of these meals includes the macronutrients, carbohydrates, fats and protein to result in a complete meal.

For more comprehensive nutrition plans, please get in touch so we can tailor one specific to your needs.