

Rhythmical Seeds

Nutrition Pack

★ ★ ★
GIRLS 13+

Fuel Her Fire

She dreams in rhythm, breathes in grace,
She learns to hold both pace and place. But strength, dear girl, is not just will—
It's built in quiet, meal by meal. You may not crave what's good today,
The greens, the grains, the slow, sure way. But every bite—though small it seems—
Feeds the fire behind your dreams. This isn't about how you appear,
But what will hold you year to year. Strong muscles, clear mind, steady heart—
These don't arrive without their part. So when you'd rather skip or trade
For habits quickly bought and made, Choose instead what makes you last—
A dancer rooted, growing fast. You're not just dancing for the now,
But for the girl becoming how— She moves with purpose, full and free,
Fueled by care and dignity.

Breakfast

Oats with Banana & Cinnamon

Cook $\frac{1}{2}$ cup oats in 1 cup water or milk.

Slice in 1 banana and sprinkle with cinnamon.

Scrambled eggs on toast

Whisk 2 eggs, cook in pan until set.

Serve on 1-2 slices toasted brown bread.

Porridge with peanut butter

Cook $\frac{1}{2}$ cup maize meal in water.

Stir in 1 tbsp peanut butter and milk to desired consistency.

Yoghurt with muesli & apple

Spoon $\frac{1}{2}$ cup Greek yoghurt into a bowl.
Top with $\frac{1}{4}$ cup muesli and $\frac{1}{2}$ sliced apple.

Weet-Bix with milk & honey

Place 2 Weet-Bix in a bowl.

Pour over warm milk and drizzle
with 1 tsp honey.

Boiled egg

Boil eggs (7–8 min). Serve with an orange and a slice of toast.

Smoothie

Blend $\frac{1}{2}$ banana, handful spinach, 1 tbsp oats, and 1 cup milk until smooth.

French toast

Dip bread in egg mix (1 egg, milk, cinnamon).
Fry both sides. Serve with banana slices.

Bread & naartjie

Spread peanut butter on toast.
Serve with a peeled naartjie.

Bran muffin

Serve 1 bran muffin with a slice of cheese and a cup of rooibos tea.

Fruit salad

Chop mixed fruits. Add 1 tbsp sunflower seeds and a dollop of plain yoghurt.

Pap & chopped dates

Warm pap with $\frac{1}{2}$ cup milk. Stir in 1 tbsp chopped dates for sweetness.

Chia pudding

Mix 2 tbsp chia seeds, $\frac{1}{2}$ cup almond milk, and 1 tbsp raisins. Soak overnight.

Baked oats

Mix oats, grated apple/carrot, egg, milk, and
bake in muffin cups or dish until set.

Toast

Mash avocado onto toast. Top with a
boiled or fried egg.

Granola & peach slices

Spoon plain yoghurt into a bowl. Top with granola and sliced tinned or fresh peach.

Crumpets

Make crumpets or use store-bought. Spread with peanut butter and serve with apple slices.

Cheese & tomato Toast

Toast bread. Top with cheese and sliced tomato. Grill until cheese melts.

Oats & mixed fruit

Mix oats, chia, and milk. Refrigerate overnight.
Add chopped fruit in the morning.

Fruit smoothie & boiled egg

Blend banana, fruit, and milk into a smoothie.
Serve with a boiled egg.

Sweetcorn fritters

Mix flour, sweetcorn, and egg. Fry spoonfuls.
Serve with a dollop of yoghurt.

Toasted sandwich

Spread peanut butter and banana on bread.
Toast until golden.

Cottage cheese sandwich

Spread cottage cheese on toast. Top with tomato slices and black pepper.

Mielie bread & low-fat cheese

Warm a slice of mielie bread.

Add a slice of low-fat cheese.

Boiled egg & crackers

Serve a boiled egg with 3–4 provitas and a handful of grapes.

Savoury oats & and egg

Cook oats with water and salt. Stir in chopped spinach. Top with poached egg.

Cinnamon French toast

Dip bread in egg, milk, and cinnamon.

Fry both sides. Drizzle with honey.

Yoghurt bowl

Spoon yoghurt into bowl. Top with cornflakes and grated apple.

Toast & scrambled egg

Serve scrambled eggs on toast with a side of seasonal fruit (e.g., pear or apple).

Rice cakes with peanut butter

Spread peanut butter on 2 rice cakes.

Top with thin pear slices.

Lunch

Chicken salad wrap

Fill a wrap with shredded chicken, lettuce/tomato, and 1 tsp mayo. Roll and slice.

Tuna mayo sandwich

Mix $\frac{1}{2}$ can tuna with 1 tbsp mayo.
Spread on 2 slices brown bread.

Pasta salad

Mix cooked pasta with $\frac{1}{4}$ cup sweetcorn and grated carrot. Add 1 tbsp mayo or dressing.

Egg and tomato sandwich

Slice a boiled egg and tomato. Place on bread.
Serve with any seasonal fruit.

Couscous

Prepare couscous. Add chopped cucumber and $\frac{1}{4}$ cup chickpeas. Toss with dressing or olive oil.

Savoury rice & boiled egg

Cook rice with onion, spice, and frozen veg.
Serve with a boiled egg and raw carrot sticks.

Chicken strip salad

Pan-fry chicken strips. Toss with lettuce, cucumber, and tomato. Serve with a roll.

Mince and mash bowl

Reheat leftover mince and mashed potato.
Layer in a bowl and sprinkle with herbs.

Boiled egg & crackers

Boil eggs (7-8min), sliced tomato, crackers, and a whole apple.

Pap & grilled chicken

Reheat pap and top with canned chakalaka.
Serve with a grilled chicken piece.

Lentil curry with rice

Cook onion, garlic, and curry powder.
Add canned lentils and tomatoes.

Simmer and serve over rice.

Cheese & chutney sandwich

Spread chutney and layer cheese between bread slices. Toast if desired. Serve with a banana.

Chicken mayo sandwich

Mix cooked chicken with 1 tbsp mayo.
Spread on brown bread.

Peanut butter & banana toast

Spread peanut butter on toast.

Add banana slices on top.

Samp & beans

Boil samp and beans. Stir in mixed frozen veggies and seasoning.

Stir-fry & brown rice

Stir-fry onion, pepper, and shredded cabbage.
Serve over cooked brown rice.

Tuna and pasta bake

Mix cooked pasta with tuna and tomato sauce.
Bake with cheese if available.

Egg salad

Chop boiled eggs and mix with mayo. Serve with cucumber slices and a slice of bread.

Grilled chicken thighs

Grill chicken. Serve with couscous and a spoon of cooked or grated beetroot.

Polony sandwich

Place polony slices on bread. Pack with a yoghurt tub and peeled orange.

Mini chicken burger

Grill or fry a small chicken patty.
Serve on a bun with tomato and lettuce.

Roti with curry

Fill a roti with leftover curry. Serve with fresh
carrot sticks.

Baked potato with tuna mayo

Bake a potato. Cut open and fill with tuna mayo.
Add a spoon of peas.

Sweet potato wedges

Cut sweet potato into wedges. Bake until soft.
Serve with a fried egg.

Macaroni

Cook macaroni and mix with tomato & onion mix and frozen veg.

Vienna wrap

Slice vienna and cheese into a wrap.
Add grated carrots or serve as a side.

Boiled egg & bread roll

Pack 1 boiled egg, 1 buttered roll, and
a peeled naartjie.

Chicken necks & rice

Cook chicken necks in onion and seasoning.
Serve with rice and steamed spinach or peas.

Chickpea salad

Mix chickpeas, cucumber, and tomato. Add a sliced boiled egg and drizzle with dressing.

Provita & banana

Spread peanut butter on provita crackers.
Serve with a banana.

Dinner

Pap & chicken stew

Serve cooked pap with stewed chicken (onion, tomato, stock), and boiled green beans.

Sweet potato & lentil stew

Cook chopped sweet potato, onion, and canned lentils with spice until soft and thick.

Samp and beans

Cook samp and beans.
Top with leftover beef gravy or stew sauce.

Mince and rice

Brown mince. Add frozen veg and seasoning. Serve with rice.

Egg curry & rice

Make curry base with onion and spice. Add boiled eggs. Serve with rice and chopped tomato + onion.

Macaroni and cheese

Boil macaroni. Mix with white sauce and cheese. Stir in steamed broccoli and bake or serve hot.

Pilchards & pap

Heat canned pilchards. Serve with pap and a spoon of tomato-onion sauce.

Chicken strips

Pan-fry chicken strips with spice. Serve with couscous and steamed carrot slices.

Spaghetti bolognaise

Make bolognaise with mince, canned tomato, and grated carrot/zucchini. Serve over spaghetti.

Chicken liver stew

Fry onion, garlic, and chicken livers. Add tomato sauce. Simmer and serve with rice.

Butternut & bean curry

Cook butternut and beans with curry spice and tomato. Serve with rice.

Baked fish & mash

Bake fish fillets. Serve with mashed sweet potato and cooked spinach/peas.

Stir-fried noodles with egg

Fry noodles with onion, spinach, and scrambled egg. Season with soy or spice.

Roast drumsticks & veg

Roast chicken drumsticks with carrots and potatoes. Serve with rice or couscous.

Pumpkin fritters

Fry fritters from mashed pumpkin, flour, and egg. Serve with heated baked beans.

Tuna fishcakes

Mix tuna, mashed potato, and onion. Fry into patties. Serve with rice and salad.

Fried rice with egg

Fry leftover rice with frozen veg and scrambled egg. Add salt or soy sauce.

Boerewors & pap

Fry or grill boerewors. Serve with pap and
canned chakalaka.

Roast veg & lentils

Roast chopped veg. Mix with cooked lentils and couscous. Add olive oil or lemon juice.

Chicken neck stew

Simmer chicken necks in onion and spice.
Serve with samp and peas.

Chicken burger

Grill chicken patty. Serve on a roll with lettuce, tomato, and a side salad.

Creamy mushroom pasta

Cook pasta. Make sauce with mushrooms, onion, milk, and flour. Serve with sautéed spinach.

Spaghetti with poached egg

Warm spaghetti. Top with a poached or fried egg and grated cheese if available.

Grilled snoek & mielie rice

Grill snoek. Serve with rice and chopped tomato, onion, and lemon juice salad.

Chakalaka & potato bake

Layer cooked potato slices in dish. Top with chakalaka and baked eggs. Bake until golden.

Cottage pie

Layer mince and veg in a dish. Top with mashed potato. Bake until golden.

Butternut risotto

Cook rice slowly in water or stock. Stir in mashed butternut. Serve with roast chicken.

Tinned pilchards on toast

Mash pilchards. Spread on toasted bread. Add sliced tomato on top.

Mince and veg stew

Cook mince with onion, mixed veg, and canned tomato. Simmer. Serve over rice.

Snacks

Boiled egg & apple slices

Boil eggs (7–8 minutes). Slice and serve with a fresh apple, cut into wedges.

Yoghurt

Scoop $\frac{1}{2}$ cup yoghurt into a bowl. Sprinkle with 1 tbsp sunflower seeds or 1 tbsp oats.

Peanut butter Sandwich

Spread 1 tsp peanut butter on a slice of brown bread or 2-3 wholewheat crackers.

Sliced banana with cinnamon

Slice 1 banana into a bowl. Sprinkle with cinnamon and add 1 tbsp yoghurt.

Smoothie

Blend $\frac{1}{2}$ banana, a handful of spinach, and $\frac{1}{2}$ cup milk or yoghurt.

Bran or banana muffin

Bake or warm a muffin made with bran or mashed banana. Serve plain or with a dab of margarine.

popcorn & peanuts

Pop $\frac{1}{4}$ cup popcorn kernels with minimal oil and salt. Serve with a handful of peanuts.

Carrot sticks

Cut carrots into sticks. Dip into 2 tbsp hummus or peanut butter.

Rooibos tea

Make a cup of rooibos tea. Serve with a slice of mielie bread or 1-2 small rusks.

Egg sandwich

Slice 1 boiled egg and place on half a slice of brown bread or one slice folded.

Baked sweet potato slices

Slice leftover sweet potato and bake until golden. Or serve cold with chopped boiled egg & mayo.

Fruit kebabs

Thread bite-sized pieces of banana, grapes, and apples onto toothpicks or skewers.

Mini vetkoek

Fill a mini vetkoek with leftover mince or a spoon of jam.

Cheese cubes

Cut cheese into small cubes.

Serve with 3–4 crackers.

Granola bar

Eat 1 bar made from oats, seeds, and dried fruit. Choose options with low sugar if store-bought