

Rhythmical Seeds

Nutrition Pack

BOYS 13-

Eat Like a Champion

You jump, you stretch, you spin so high, You dance with power, you reach the sky! But even heroes need to eat— To build up strong from head to feet. A snack that's smart, a meal that's right, Can help you soar with all your might. It fuels your muscles, helps you grow, Gives you the strength to steal the show. You might not love each veggie bite, Or want what's green instead of white— But every bite that helps you train Will build your body, not just gain. So eat your fuel, and take your time— Your plate's part of the way you climb. A dancer's strength comes from within— And healthy food helps you to win!

Breakfast

Oats with banana & milk

Cook $\frac{1}{2}$ cup oats with 1 cup milk.

Slice 1 banana into the bowl and mix well.

Peanut butter on toast

Toast 1-2 slices of brown bread.

Spread peanut butter.

Serve with 1 sliced apple.

Weet-Bix

Place 2 Weet-Bix in a bowl.

Pour warm milk over and drizzle
with 1 tsp honey.

Boiled egg

Boil eggs (7–8 minutes). Cut toast into strips.
Serve with a peeled naartjie.

Scrambled eggs

Scramble 2 eggs. Heat $\frac{1}{4}$ cup baked beans.
Serve with 1 slice toast.

Smoothie

Blend 1 banana, 1 cup milk, 1 tbsp oats, and 1 tsp peanut butter until smooth.

Maize meal porridge

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

Stir in 1 tbsp peanut butter just before serving.

Yoghurt & muesli

Spoon $\frac{1}{2}$ cup yoghurt into a bowl. Add $\frac{1}{4}$ cup muesli and 1 tbsp raisins.

Peanut butter sandwich

Spread peanut butter between slices of bread.
Add banana slices and close.

Rice cakes & peanut butter

Spread peanut butter on 2 rice cakes. Add thin pear slices on top.

Egg and cheese toastie

Place 1 scrambled or fried egg and cheese between 2 slices bread. Toast until golden.

Mielie bread & rooibos tea

Warm a slice of mielie bread and spread with butter. Serve with rooibos tea.

Oats

Cook oats. Stir in $\frac{1}{2}$ grated apple and a sprinkle of cinnamon.

Sweet potato

Mash leftover sweet potato. Add 1–2 tbsp yoghurt and drizzle with honey.

Toast with jam

Toast a slice of bread and spread with jam.
Serve with a boiled egg.

Crumpets

Toast or fry crumpets. Top with peanut butter or drizzle with syrup.

Cheese & tomato sandwich

Layer cheese and tomato on bread. Toast if desired. Serve with fruit juice.

Fruit salad

Chop mixed fruit. Add 1 tsp sunflower seeds and 2 tbsp yoghurt.

Bran muffin

Serve a bran muffin with 1 piece of fresh fruit (e.g., banana or apple).

Cereal

Pour cereal into a bowl. Add milk and top with banana slices.

French toast

Dip bread in egg-milk mix with cinnamon. Fry until golden. Drizzle with honey.

Toasted vienna & egg roll

Pbreakfast

Fry a vienna and an egg. Serve in a bun or roll.

Peanut butter wrap

Spread peanut butter on a wrap. Add apple slices. Roll up and cut in half.

Smoothie + slice of toast

Blend $\frac{1}{2}$ banana, $\frac{1}{2}$ cup milk, and 1 tbsp oats.
Serve with toast.

Cottage cheese toast

Spread cottage cheese on toast. Add sliced tinned or fresh peaches.

Oats with dates or raisins

Mix oats, milk, and chopped dates. Refrigerate overnight. Eat cold or warm slightly.

Scrambled egg & toast

Serve scrambled egg and toast with a peeled and sliced orange.

Pumpkin fritters

Mix mashed pumpkin, flour, and egg. Fry in a pan. Sprinkle with cinnamon sugar.

Toast

Spread cream cheese on toast.

Top with banana slices.

Pap with milk & butter

Cook pap. Add $\frac{1}{2}$ cup milk and 1 tsp butter.
Sweeten with a little sugar if preferred.

Lunch

Chicken mayo sandwich

Mix shredded chicken with 1 tbsp mayo.
Spread on brown bread. Serve with sliced
carrots.

Rice bowl

Boil an egg, fry a vienna, and serve over a scoop of rice. Add a little tomato sauce if desired.

Pasta salad

Mix cooked pasta with $\frac{1}{4}$ cup sweetcorn and a handful of grated cheese.

Mince and bread roll

Spoon warm cooked mince into a roll or bun for a quick sloppy joe.

Tuna mayo wrap

Mix $\frac{1}{2}$ can tuna with 1 tbsp mayo. Wrap in a tortilla and serve with fruit like an apple.

Boiled egg & toast

Serve a boiled egg with 1 slice toast
and $\frac{1}{2}$ cup yoghurt.

Macaroni

Cook macaroni and stir in tomato & onion mix and mixed frozen veg.

Leftover pap & boiled egg

Warm leftover pap. Top with canned chakalaka and a boiled egg.

Mini burgers

Place cooked patty in a roll with sliced tomato and cheese.

Peanut butter sandwich

Spread peanut butter on brown bread. Serve
with a peeled naartjie.

Couscous with chicken

Mix cooked couscous with shredded chicken
and cooked peas.

Baked potato with tuna mayo

Bake or microwave a potato. Cut open and fill with tuna mayo.

Scrambled egg sandwich

Scramble 2 eggs and place on bread. Serve with a handful of grapes.

Toasted cheese

Make a toasted cheese sandwich. Slice and serve with fresh apple wedges.

Polony & cheese wrap

Add polony and cheese to a wrap.

Roll and slice. Serve with cucumber rounds.

Boerewors

Serve cooked boerewors over rice with
tomato & onion sauce or chakalaka.

Chicken neck stew

Simmer chicken necks in onion and spices.
Serve with rice and mild gravy.

Sweetcorn fritters & yoghurt dip

Mix flour, sweetcorn, and egg. Fry in pan.
Serve with a yoghurt and herb dip.

Tuna fishcake

Mix tuna with mashed potato. Fry into patty.
Serve with bread and a peeled orange.

Egg wrap

Fry vienna and scrambled egg.
Wrap in a tortilla and roll up.

Rice & lentils

Cook rice and lentils. Serve with grated carrot and a dash of lemon juice.

Samp & beans

Serve samp and beans with a side of chopped tomato, onion, and vinegar salad.

Chicken strips

Pack grilled chicken strips, provitas, and a banana for a lunchbox combo.

Cheese & chutney sandwich

Spread chutney and place cheese on bread.
Serve with a small juice box.

Peanut butter & jam sandwiches

Make a peanut butter & jam sandwich. Add cucumber sticks for crunch.

Pap & mince

Serve pap topped with mince and a side of
grated carrot salad.

Fish fingers & rice

Bake fish fingers. Serve with rice and $\frac{1}{4}$ cup sweetcorn.

Boiled egg & provitas

Pair a boiled egg with provita crackers
and a tub of yoghurt.

Grilled cheese on toast

Toast bread with cheese until golden.
Serve with tomato slices.

Fried egg & rice

Fry egg and serve over warm rice.

Add reheated veggies for a complete meal.

Dinner

Pap & chicken stew

Serve pap with stewed chicken (onion, tomato, seasoning) and $\frac{1}{4}$ cup cooked sweetcorn.

Macaroni & cheese

Boil macaroni. Mix with white sauce and cheese.
Add steamed broccoli before serving.

Chicken drumstick & rice

Bake or fry chicken drumstick. Serve with rice and boiled or grated carrots.

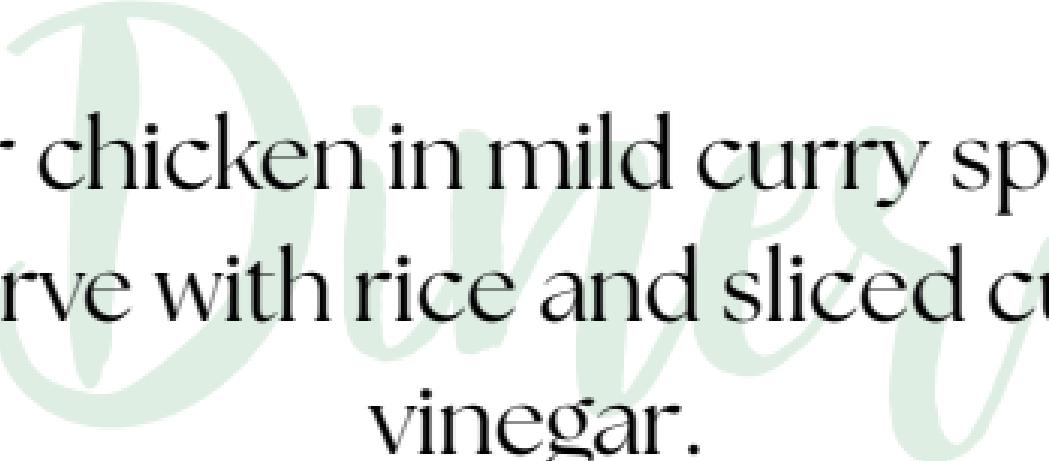
Mince & mash

Cook mince in onion and tomato. Serve over mashed potato with a spoon of peas.

Boerewors & pap

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

Chicken curry & rice



Simmer chicken in mild curry spices and tomato. Serve with rice and sliced cucumber in vinegar.

Tuna pasta bake

Mix tuna with cooked pasta and tomato sauce.
Bake with cheese. Serve with grated carrots.

Spaghetti bolognais

Make mince bolognais sauce. Serve over spaghetti with steamed green beans.

Pumpkin fritters

Make fritters with mashed pumpkin, flour, egg.
Fry and serve with warm baked beans.

Fried rice & frozen peas

Stir-fry leftover rice with vienna slices and frozen peas.

Baked potato

Fill baked potato with chicken mayo or leftover shredded chicken. Serve with beetroot.

Fish fingers & pap

Oven-bake fish fingers. Serve with pap and $\frac{1}{4}$ cup sweetcorn.

Lentils & brown rice



Simmer lentils with onion and spice.
Serve with rice and tomato gravy.

Chicken liver stew



Fry chicken livers with onion and spice.
Simmer with tomato. Serve with rice and
cooked spinach.

Egg curry & rice

Boil eggs, peel, and add to curry sauce. Serve with rice and grated carrot.

Grilled snoek

Grill snoek with garlic and lemon. Serve with mashed sweet potato.

Mince & vetkoek

Reheat mince. Slice open a mini vetkoek and fill with mince.

Butternut soup

Cook butternut with onion and stock. Blend smooth. Serve with buttered bread.

Samp & chicken

Serve samp and beans with grilled
or stewed chicken.

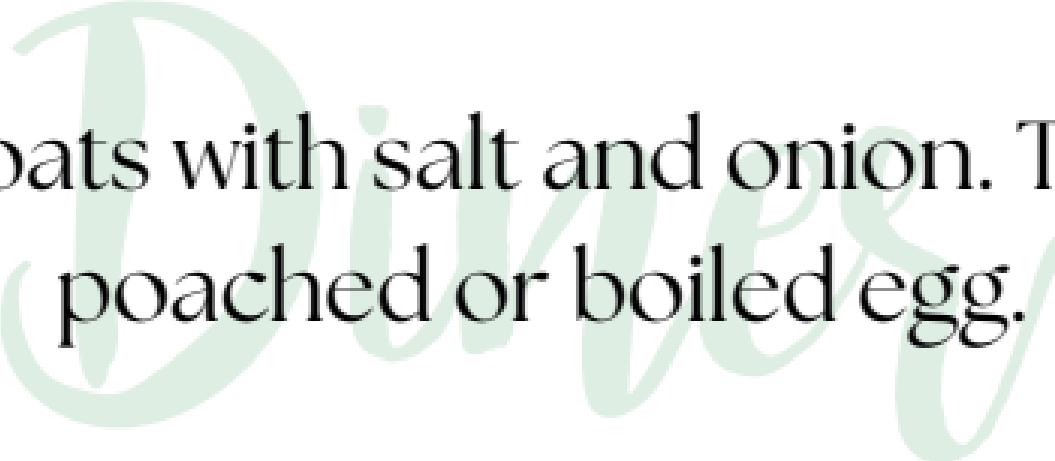
Vienna & potato bake

Slice and fry viennas. Layer sliced potatoes with white sauce and bake. Serve with peas.

Fried egg & toast

Fry an egg and tomato slices. Serve on 1-2 slices of toast.

Savoury oats



Cook oats with salt and onion. Top with poached or boiled egg.

Fishcakes & rice

Fry fishcakes and serve with rice and raw cucumber sticks.

Spaghetti

Mix spaghetti with tomato sauce and sliced viennas. Sprinkle with cheese.

Chicken strips

Grill chicken strips. Serve with mash and a spoon of peas.

Baked beans & pap

Heat baked beans. Serve with pap and a fried egg on top.

Polony and veg stir-fry

Slice polony and fry with chopped veg.
Serve over rice.

Mince stew & brown rice

Simmer mince with onions and spices. Serve with rice and a tomato-cucumber salad.

Chicken necks & samp

Stew chicken necks. Serve with samp and pan gravy.

Cheese toastie

Toast cheese sandwich. Serve with boiled egg and seasonal fruit.

Snacks

Peanut butter sandwich

Spread peanut butter on 2 slices of brown bread. Serve with a peeled naartjie.

Boiled egg & apple slices

Boil 1 egg (7–8 minutes). Slice and serve with a chopped apple.

Popcorn & raisins

Air-pop or stove-pop $\frac{1}{4}$ cup popcorn kernels.
Add a small handful of raisins.

Mielie bread

Serve 1 slice of mielie bread with a thin layer of butter or margarine.

Banana with peanut butter dip

Slice a banana and serve with 1 tbsp of peanut butter for dipping.

Yoghurt & sunflower seeds

Scoop $\frac{1}{2}$ cup plain or fruity yoghurt into a bowl.
Sprinkle with 1 tsp sunflower seeds.

Boiled egg & provita crackers

Pair 1 boiled egg with 2-3 Provita or wholewheat crackers.

Peanut butter & jam sandwich

Spread 1 slice with peanut butter and the other with jam. Press together and cut in half.

Rooibos tea & 2 small rusks

Serve a warm cup of rooibos tea with 2 child-friendly rusks for dipping.

Crumpets

Toast or lightly fry 1-2 crumpets. Top with a drizzle of syrup or a spread of peanut butter.

Muffin + fruit

Serve a bran or banana muffin with an apple, banana, or grapes.

Cheese cubes & cucumber sticks

Cut cheese into small cubes and serve with cucumber cut into sticks.

Yoghurt smoothie

Blend $\frac{1}{2}$ banana, 1 tbsp oats, and $\frac{1}{2}$ cup milk or yoghurt into a quick smoothie.

Sweet potato & cinnamon

Slice cold sweet potato. Sprinkle with cinnamon for a naturally sweet snack.

Granola bar

Serve 1 store-bought or homemade granola bar made with oats, seeds, and minimal sugar.