

# Rhythmical Seeds

## Nutrition Pack

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GIRLS 13+

## Strong Girls Eat Well

You twirl, you smile, you leap so wide, With joy and grace you dance with pride.

But even magic needs good fuel— To help you shine and move and rule!

Not every meal will be your fave, But strong girls eat to dance and brave.

A fruit, some veg, a hearty bite— Can help your body feel just right.

Your food is more than taste or treat— It helps your heart, your hands, your feet.

It builds you up from toe to crown, To hold you up when you feel down.

So when it's time to eat today, Remember strength is grown this way.

You're not just eating to survive—

You're feeding dreams that come alive!

Breakfast

# Oats with warm milk

Cook  $\frac{1}{2}$  cup oats in 1 cup milk. Slice in 1 banana and drizzle with 1 tsp honey.

# Peanut butter on toast

Toast 1-2 slices brown bread. Spread with peanut butter. Serve with a sliced apple.

# Weet-Bix

Place 2 Weet-Bix in a bowl. Pour over warm milk and sprinkle lightly with cinnamon.

# Scrambled eggs

Scramble 2 eggs. Serve on toast with  $\frac{1}{2}$  an orange sliced on the side.

# Pap with peanut butter

Serve warm pap with 1 tsp peanut butter mixed in and pour over a little milk.

# Banana and yoghurt bowl

Slice 1 banana into a bowl. Add  $\frac{1}{2}$  cup yoghurt and sprinkle with 1 tbsp oats.

# Toasted cheese sandwich

Make a cheese toastie and serve with a few cucumber rounds.

# Boiled egg & toast fingers

Boil 1 egg. Slice toast into fingers for dipping.  
Serve with a small cup of rooibos tea.

# Mielie bread slice

Warm a slice of mielie bread. Spread with margarine. Serve with any seasonal fruit.

# Smoothie

Blend  $\frac{1}{2}$  banana,  $\frac{1}{2}$  cup milk, and 1 tbsp oats.  
Drink as a light smoothie.

# French toast

Dip bread in egg and milk. Fry until golden.  
Sprinkle cinnamon and drizzle with honey.

# Cottage cheese toast

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

# Yoghurt & muesli

Layer  $\frac{1}{2}$  cup yoghurt with 2 tbsp muesli and 1 tbsp raisins.

# Cheese & tomato sandwich

Toast a cheese and tomato sandwich. Serve with a small glass of fruit juice.

# Peanut butter wrap

Spread peanut butter on a wrap, add apple slices, roll up and slice.

# Scrambled egg roll

Fry a vienna and scramble 1-2 eggs. Serve in a brown bread roll.

# Crumpets

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

# Baked sweet potato slices

Slice leftover sweet potato. Warm and sprinkle with cinnamon.

# Muffin & banana

Serve a small bran muffin with  
a peeled banana.

# Rice cakes

Spread peanut butter on rice cakes. Serve with a handful of grapes.

# Toast & egg

Toast brown bread. Top with a fried or boiled egg and tomato slices

# Porridge & honey or jam

Cook maize meal until thick. Stir in 1 tsp honey or fruit jam.

# Fruit salad & yoghurt

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

# Provitas & fruit

Spread cottage cheese on Provitas. Serve with a sliced apple or banana.

# PB&J sandwich

Spread peanut butter on one slice, jam on the other. Close and cut in half.

# Cream cheese toast

Spread cream cheese on toast. Serve with a peeled naartjie.

# Oats

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

# Granola bar & yoghurt

Serve a homemade or store-bought granola bar with  $\frac{1}{2}$  cup yoghurt.

# Muffin & fruit

Serve a small muffin with an apple or banana  
and a warm cup of rooibos tea.

# Toasted cheese

Make a toasted sandwich with cheese and sliced tomato. Slice and serve.

Lunch

# Tuna mayo sandwich

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

# Boiled egg

Boil an egg and serve with toast and any seasonal fruit like an apple or banana.

# Pasta

Boil pasta. Add 2 tbsp tomato sauce and a  
sprinkle of cheese.

# Peanut butter sandwich

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

# Macaroni

Mix cooked macaroni with white sauce and cheese. Serve with grated carrots.

# Chicken mayo wrap

Shred leftover chicken, mix with mayo, and wrap in a tortilla. Serve with grapes.

# Scrambled egg & toast

Fry vienna and scramble 1 egg. Serve with a slice of toast.

# Mince on rice

Serve cooked mince over rice with  $\frac{1}{4}$  cup sweetcorn on the side.

# Baked potato & tuna mayo

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

# Toasted cheese sandwich

Make a toasted cheese sandwich and  
serve with sliced apple.

# Couscous

Mix cooked couscous with peas and a small handful of grated cheese.

# Polony sandwich

Layer sliced polony on brown bread.  
Serve with raw carrot sticks.

# Grilled cheese

Toast a cheese and tomato sandwich.  
Serve with a small juice box.

# Pap & mince

Warm up pap and top with mince or canned chakalaka

# Chicken strips

Serve cooked chicken strips with Provita  
crackers and a banana.

# Fish fingers & mashed potato

Oven-bake fish fingers. Serve with mash and sliced cucumber.

# Rice & lentils

Mix rice and cooked lentils. Serve with a side of  
grated carrot.

# Samp & beans

Serve samp and beans with fresh or canned  
chopped tomato.

# Mini burgers

Place a cooked patty in a roll with cheese.  
Serve warm.

# PB&J sandwich

Spread peanut butter and jam on brown bread.  
Serve with a small cup of rooibos tea.

# Sweetcorn fritters & yoghurt

Mix flour, sweetcorn, and egg. Fry into small fritters. Serve with a dollop of yoghurt.

# Scrambled egg & toast

Scramble 1-2 eggs. Serve with toast and a handful of grapes.

# Egg sandwich

Mash a boiled egg with a bit of mayo. Spread on bread. Add sliced tomato.

# Chicken neck stew

Simmer chicken necks with onion and tomato.

Serve with rice.

# Polony wrap

Place polony and cheese in a wrap. Roll up and serve with sliced cucumber.

# Spaghetti

Mix cooked spaghetti with vienna slices and a spoon of grated cheese.

# Cottage cheese on toast

Spread cottage cheese on toast. Serve with any  
seasonal fruit.

# Peanut butter sandwich

Spread peanut butter on bread. Add banana slices. Close and serve.

# Sweet potato & yoghurt

Mash or slice leftover sweet potato. Serve with a spoonful of yoghurt.

# Cheese & chutney sandwich

Spread chutney on one slice of bread, cheese on the other. Serve with cucumber rounds.

Dinner

# Pap & chicken stew

Serve pap with chicken stewed in onion and tomato. Add  $\frac{1}{4}$  cup cooked sweetcorn.

# Spaghetti bolognaise

Cook mince with onion and tomato. Serve over spaghetti with grated carrots.

# Mince & mashed potato

Serve savoury mince over mashed potato with a spoonful of peas on the side.

# Fish fingers & rice

Bake fish fingers. Serve with rice and steamed green beans.

# Chicken & potato

Bake chicken drumsticks and wedges. Serve with shredded cabbage and carrot salad.

# Mac & cheese

Make mac & cheese with white sauce and  
grated cheese. Serve with cucumber sticks.

# Bangers & mash

Cook up Bangers. Serve with mashed potato and grated or cooked carrots.

# Samp & beans

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

# Chicken strips

Fry or grill chicken strips. Serve over rice with a handful of peas.

# Fried egg

Top pap with a fried egg and pour over mild tomato gravy or sauce.

# Tuna pasta bake

Mix pasta, tuna, and tomato sauce. Top with cheese and bake. Serve with beetroot.

# Pumpkin fritters

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

# Egg curry & rice

Boil eggs and simmer in curry sauce.  
Serve with rice and grated carrot.

# Mince vetkoek

Fill homemade or store-bought vetkoek with warmed mince.

# Boerewors & pap

Grill boerewors. Serve with pap and tomato & onion relish.

# Chicken liver stew

Cook chicken livers with onion and tomato.  
Serve with rice and boiled spinach.

# Butternut soup

Boil and blend butternut with onion and spice.  
Serve with buttered toast.

# Lentil stew

Simmer lentils with tomato and spice. Serve with brown rice.

# Polony & veg stir-fry

Slice polony and stir-fry with chopped vegetables. Serve over noodles.

# Mince wrap

Wrap cooked mince and grated cheese in a tortilla. Serve with sweetcorn.

# Chicken neck stew

Cook necks with onion and tomato. Serve over samp.

# Potato bake

Layer sliced potatoes with white sauce and cheese. Bake and serve with grilled sausage.

# Fishcakes & rice

Fry fishcakes and serve with plain rice and sliced cucumber.

# Fried rice with veg

Stir-fry cooked rice with frozen veg and  
scrambled egg.

# Pap & baked beans

Top hot pap with warmed baked beans and a fried or boiled egg.

# Cheese toastie & soup

Make a toasted cheese sandwich. Serve with vegetable or tomato soup.

# Grilled snoek

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

# Spaghetti

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

# Toasted sandwich

Make a toasted sandwich. Serve with a boiled egg and simple tomato/cucumber salad.

# Burgers

Place a patty in a bun with cheese or tomato.  
Serve with apple slices.

Snacks

# Peanut butter sandwich

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

# Boiled egg

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. Add a handful of raisins for sweetness.

# Mielie bread

Warm a slice of mielie bread. Spread with margarine or butter.

# Banana with peanut butter dip

Slice a banana and dip in 1 tbsp peanut butter or spread it on top.

# Yoghurt

Spoon  $\frac{1}{2}$  cup yoghurt into a bowl and sprinkle with 1 tsp sunflower seeds.

# Boiled egg

Serve a boiled egg with 2-3 Provita crackers or wholewheat biscuits.

# PB&J sandwich

Spread peanut butter and jam on brown bread.  
Cut into quarters for easy eating.

# Rooibos tea 2 rusks

Serve a warm cup of rooibos tea with 2 small rusks for dipping.

# Crumpets

Lightly toast or fry crumpets. Top with peanut butter or a drizzle of syrup.

# Muffin & fruit

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

# Cheese cubes

Cut cheese into cubes. Serve with cucumber sliced into sticks for dipping.

# Smoothie

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

# Sweet potato & cinnamon

Slice or mash leftover sweet potato. Sprinkle with a pinch of cinnamon.

# Granola bar

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