

Rhythmical Seeds

Nutrition Pack



BOYS 13+

Fuel for Strength

You train to jump, to push, to fight, To land with power, move with might.

But power isn't just in skill— It starts with what your body fills.

Not every meal will taste like gold, Not every choice feels brave or bold.

But real strength grows behind the scenes— In quiet food, in daily greens.

Fast fixes fade, quick snacks won't last— They burn too quick, they break too fast.

But fuel that's wise, and eaten well, Will keep you sharp, and make you dwell—

In moves that last beyond one show, In muscle, breath, and strength that grow.

You're not just building legs or speed— You're feeding focus, grit, and need.

So show up at the table too— A strong man eats for what is true.

To lead, to last, to give your best,

You've got to fuel like all the rest.

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.

Boiled eggs & brown toast

Boil 2 eggs for 7–8 minutes.

Toast 2 slices brown bread. Serve with salt or chutney.

Pap with peanut butter

Cook $\frac{1}{2}$ cup maize meal in 1 cup water until thick. Add milk and 1 tbsp peanut butter.

Yoghurt with fruit

Scoop 1 cup plain yoghurt into a bowl. Add chopped seasonal fruit.

Muesli with yoghurt & honey

Mix $\frac{1}{2}$ cup oats, 1 tbsp raisins, seeds, and coconut. Top with plain yoghurt and 1 tsp honey.

French toast & egg

Beat 1 egg, dip 2 slices brown bread.
Fry in a pan until golden on both sides.

Sliced apple & peanut butter toast

Toast 1 slice wholewheat bread.

Spread peanut butter. Top with apple slices.

Smoothie (banana, milk, & oats)

Blend 1 banana, 1 cup milk,
and 2 tbsp oats until smooth.

Samp with milk & honey

Reheat 1 cup cooked samp with $\frac{1}{2}$ cup milk.
Stir in 1 tsp honey.

Toasted cheese sandwich

Add cheese slices between 2 brown bread slices. Toast in a pan until melted.

Baked beans on toast

Heat $\frac{1}{2}$ can baked beans.

Serve over 2 slices toasted brown bread.

Boiled eggs & a banana

Boil 2 eggs. Peel and serve with
a banana on the side.

Weet-Bix & peanut butter

Crumble 2 Weet-Bix in a bowl,
add milk and 1 tsp peanut butter.

Stir lightly.

Muffins (banana, bran, carrot)

Bake muffins with mashed banana, bran cereal, grated carrot, egg, oil & flour.

Store and reheat.

Jam toast & scrambled eggs

Scramble 2 eggs in a pan. Toast 1 slice brown bread and add a thin layer of jam.

Crumpets with syrup

Make or use boxed mix. Cook in pan.
Serve with syrup and a glass of milk.

Fried egg & polony sandwich

Fry 1 egg and 1–2 polony slices.

Place on toast or in a sandwich.

Breakfast wrap

Scramble 1 egg. Add to a wrap with 2 tbsp cheese and 1 tsp chutney. Fold and toast lightly.

Instant oats

Prepare instant oats with hot water or milk.

Mix in 1 tbsp chopped dates or raisins.

Tinned peaches & yoghurt

Layer tinned peaches, $\frac{1}{2}$ cup yoghurt,
and 2 tbsp oats in a bowl.

Peanut butter & banana sandwich

Spread peanut butter on 2 slices bread.
Add banana slices and close sandwich.

Fruit salad & plain yoghurt

Chop any fresh/leftover fruits.

Mix with $\frac{1}{2}$ cup plain yoghurt.

Egg & tomato on toast

Scramble or fry 1–2 eggs.
Add sliced tomato and place
on toasted bread.

Cereal & Banana

Pour cereal (Cornflakes or Rice Pops)
into a bowl, add milk, and top
with banana slices.

Scrambled eggs with toast

Scramble egg, serve on toast.

Breakfast

Mielie bread with margarine

Slice homemade or store-bought
mielie bread. Warm and spread
with margarine.

Rooibos tea with toast & egg

Make a cup of rooibos tea.

Serve with 1 slice toast and a boiled egg.

Drinking yoghurt & banana

Pour a glass of drinking yoghurt.

Eat 1 banana alongside.

Leftover mince & egg on toast

Reheat some mince. Fry or scramble 1 egg.

Serve both on toast.

Pancakes with cinnamon & sugar

Prepare pancakes as per box. Sprinkle with cinnamon sugar. Serve warm.

Lunch

Sandwich & fruit

Spread peanut butter and jam between
2 slices of bread. Serve with 1 fruit
(e.g., apple or banana).

Sandwich & cucumber slices

Layer sliced polony and cheese between bread.

Add cucumber slices on the side or inside.

Egg mayo sandwich

Mash 1 boiled egg with 1 tsp mayonnaise and a pinch of salt. Spread on bread.

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Leftover rice & chicken

Reheat leftover rice and shredded chicken.
Add a spoon of chutney or mayo if dry.

Tuna mayo with bread or crackers

Mix $\frac{1}{2}$ can tuna with 1 tbsp mayo.
Serve on brown bread or crackers.

Toasted cheese & tomato

Layer cheese and tomato slices on bread.

Toast in a pan until cheese melts.

Mini vetkoek with mince filling

Warm up mini vetkoek. Fill with leftover mince or curried beans.

Lunch

Macaroni

Cook macaroni. Stir in canned tomato & onion mix and season with salt & pepper.

Samp & beans

Mix cooked samp and beans. Add chutney or a pinch of curry powder for flavor.

Hardboiled eggs, crackers, and carrot sticks

Pack 2 boiled eggs, a handful of crackers,
and sliced carrots for a light lunch.

Wrap

Slice vienna, add lettuce and sauce (like mayo or chutney) into a wrap. Roll and serve.

Boerewors roll

Place a grilled boerewors in a roll. Top with tomato relish or chakalaka.

Cheese & chutney sandwich

Spread chutney and add cheese on bread. Toast if preferred. Serve with 1 apple.

Leftover pap with beef gravy

Reheat pap and pour leftover beef gravy
over the top.

Rice with mixed veg & tuna

Fry onion and frozen veg.

Add rice and $\frac{1}{2}$ can tuna.

Season with salt or spice mix.

Sandwich

Spread mayo on bread.

Add sliced polony and cucumber. Cut into triangles.

Leftover soup with slice of bread

Warm up any soup (e.g., veggie or chicken).
Serve with a buttered bread slice.

Fried egg sandwich with sauce

Fry egg. Place on bread with tomato sauce or chutney.

Mini pie & fruit

Warm mini pie. Serve with
any fruit (e.g., orange or pear)

Baked potato

Microwave a potato until soft.

Top with baked beans or tuna-mayo mix.

Vienna with bread and cheese

Slice viennas, cheese, and bread.
Thread onto skewers as a fun lunch.

Roti with leftover curry

Warm a roti. Fill with reheated curry
or curried beans. Fold and eat

Pasta salad

Mix cooked pasta, grated carrot,
sliced viennas and 1 tbsp mayo.

Tinned pilchards on toast

Mash pilchards with a little sauce.
Spread over toasted bread.

Wrap

Use tuna-mayo or boiled egg-mayo filling in a wrap with lettuce. Roll and slice.

Couscous

Prepare couscous. Stir in frozen peas, grated carrot, and seasoning or spice mix.

Pap balls with bolognaise filling

Form pap into small balls with a mince center. Reheat and serve.

Sweetcorn fritters with chutney

Mix sweetcorn, flour, egg and fry small fritters. Serve with chutney.

Chicken strips & rice or roll

Slice chicken breast, season, and fry.

Serve with rice or in a roll.

Sandwich & egg & fruit

Make a simple sandwich (cheese, peanut butter, etc.). Add a boiled egg and a fruit.

Dinner

Pap and wors

Cook pap. Make a sauce with fried onion and canned tomato mix. Grill wors and serve together.

Spaghetti & mince

Brown mince, add frozen veg and canned tomato. Simmer. Serve over spaghetti.

Chicken with rice & carrots

Cook Chicken and rice, steam carrots.
Serve together.

Curry

Cook onion, curry spice, potatoes, and carrots.
Add water and simmer. Serve with rice or
bread.

Bolognaise pasta

Fry mince, add canned tomato and herbs.
Simmer. Serve over pasta.

Fried snoek & pap & spinach

Fry snoek or canned pilchards. Serve with pap
and sautéed spinach.

Chakalaka, rice, & grilled chicken

Grill chicken. Heat canned chakalaka.
Serve with cooked rice.

Samp & beans

Boil samp & beans until soft.

Serve with leftover stew gravy or meat sauce.

Hotdogs with coleslaw

Boil viennas. Serve in rolls with a simple slaw of cabbage, carrot, mayo.

Rooibos beef stew with potatoes

Brown beef, add onion, carrots,
potatoes, and rooibos tea as stock.
Simmer until tender.

Chicken livers with rice

Fry chicken livers with onion and spice.
Serve with plain rice.

Baked potatoes

Bake potatoes. Slice open and top with sour cream (or plain yoghurt) and chopped onion.

Vegetable stir-fry & egg

Stir-fry chopped veg. Add cooked noodles and scrambled egg. Season with soy or spice.

Chicken, rice & frozen peas

Cook chicken necks in a pot with onion, salt, and water. Serve with rice and peas.

Vetkoek

Fry or bake vetkoek. Fill with curried mince or spiced baked beans.

Egg fried rice with mixed veg

Fry cold rice with frozen veg and 1–2 scrambled eggs. Add soy sauce if desired.

Fish cakes, mash & green beans

Fry fish cakes. Boil and mash potatoes.
Steam green beans and serve.

Boerewors stew

Cut wors into pieces, stew in tomato-onion mix. Serve with pap or mealie rice.

Pasta with tomato & lentil sauce

Cook lentils and tomato sauce together.
Add to cooked pasta. Season well.

Chicken & mixed veg with rice

Layer chicken, mixed veg, and a bit of soup powder + water. Bake until done.
Serve with rice.

Budget burgers with oven chips

Form patties with mince, spice, and breadcrumbs. Fry or bake. Serve in rolls with oven chips.

Stir-fry

Fry cabbage and onion. Add scrambled egg.
Serve over rice.

Meatballs in gravy with mash

Make meatballs (mince + egg + crumbs).
Brown, then simmer in gravy. Serve with
mashed potato.

Bean & potato stew

Cook chopped potato with onion, garlic, canned beans, and spice. Simmer until thick.

Egg curry

Make curry sauce with onion, curry spice,
and tomato. Add hard-boiled eggs.

Serve with rice.

Chicken wrap with cooked veg

Shred leftover chicken, add cooked veg and sauce into a wrap. Toast or serve as is.

Chicken drumsticks with samp

Bake or fry drumsticks. Serve with cooked samp and a drizzle of gravy or sauce.

Lentil bolognaise pasta

Cook lentils, onion, and canned tomato. Serve over pasta as a meat-free option.

Pumpkin fritters

Make pumpkin fritters using
mashed pumpkin and flour.

Serve with rice and chicken pieces.

Couscous with meat

Prepare couscous. Mix in chopped leftover meat and roasted onions.
Add spice or chutney if dry.

Snacks

Peanut butter bread / rice cakes

Spread 1–2 tsp peanut butter on a slice of brown bread or a rice cake. Cut into quarters for easy snacking.

Fruit & yoghurt

Slice a banana or any seasonal fruit.

Mix into $\frac{1}{2}$ cup plain or flavoured yoghurt.

Boiled eggs

Boil eggs for 7–8 minutes. Cool, peel, and season with salt or spice mix.

Trail mix

Mix equal parts of peanuts, raisins, and sunflower seeds. Store in a small container for grab-and-go.

Apple/banana with peanut butter

Slice an apple or banana. Dip or spread with peanut butter.

Popcorn

Pop $\frac{1}{4}$ cup popcorn kernels on the stove or in a popcorn maker. Season lightly with salt.

Crackers with cheese

Top whole wheat crackers with cheese slices
or grated cheese.

Tinned peaches or fruit salad

Scoop out a small bowl of tinned peaches or mixed fruit. Drain excess juice if preferred.

Leftover mince on a slice of toast

Reheat 2 tbsp mince from supper. Spoon onto
toasted bread for a savoury snack.

Sliced cucumber & carrots

Slice cucumber and carrots into sticks. Dip in hummus or a small spoon of peanut butter.

Smoothie

Blend 1 banana, 1 cup milk, 1 tbsp oats, and a pinch of cinnamon

Mielie bread or banana bread

Warm a slice of mielie or banana bread. Add a bit of margarine if desired

Vienna & slice of cheese wrap

Wrap a vienna and cheese slice in a small piece
of wrap or roti.

Yoghurt with granola or Weet-Bix

Spoon yoghurt into a bowl. Sprinkle with granola or crumbled Weet-Bix for crunch.

Mini vetkoek

Split open a mini vetkoek. Spread with jam or peanut butter. Serve warm or room temp.