

HEART-SMART MENU IDEAS

Meal	Non-Vegetarian	Vegetarian
Breakfast <i>(alternative: Cholesterol-lowering Smoothie)</i> <i>Blend together in a blender/mixer:</i> <i>1 cup (250ml) Soya Life Soya Milk (reconstituted)</i> <i>1 peeled, chopped apple</i> <i>1 large peeled, chopped carrot</i> <i>½ cup frozen berries (any kind)</i> <i>2 scoops (20g) Soya Life porridge</i> <i>1Tbs (15ml) raw Oat Bran</i> <i>½ cup ice</i>	250ml Soya Life Porridge / Oats porridge + 2 scoops Soya Life porridge + Soya Life Milk / skim milk (optional: add in 1Tbs seed mix) OR 2 slices low GI bread (toast) + 1 boiled / poached egg / cottage cheese and avocado / sardines PLUS: 1 fresh Fruit	250ml Soya Life Porridge / Oats porridge / High Fibre cereal + Soya Life Milk / skim milk (optional: add in 1Tbs seed mix) OR 2 slices low GI bread (toast) + hummus / avocado / peanut butter PLUS: 1 fresh Fruit
Mid-morning snack	1 fresh fruit	1 fresh fruit
Lunch	2 slices low GI bread + low fat filling (low fat cheese / lean chicken / tuna mayo / lean cold meat / hummus) + salad (incl. 3-bean salad) / soup OR Leftovers from previous night's dinner OR Soya Life Instant Meal Replacement Drink: 250ml	2 slices low GI bread + low fat filling (hummus / egg / cottage cheese / soya patty) OR Leftovers from previous night's dinner OR Soya Life Instant Meal Replacement Drink: 250ml
Mid-afternoon snack	1 Fresh fruit	1 Fresh fruit
Supper	½ -1 cup cooked rice / pasta OR 3 baby potatoes + palm-size portion lean meat / chicken OR hand-size portion baked fish (add beans or lentils) + 3 x different coloured vegetables	½ -1 cup cooked rice / pasta OR 3 baby potatoes + ½ cup beans / lentils / chickpeas OR soya strips / patties OR low fat cheese + 3 x different coloured vegetables
Extra tips	Drink 6-8 glasses water/day Limit salt intake	

CHOOSE FROM THE SOYA LIFE RANGE: obtain your DAILY DOSE OF ISOFLAVONES AND LIGNANS!

1. Soya Life Soya Milk
2. Soya Life Meal Replacement Shake
3. Soya Life Breakfast Porridge
4. Soya Life Premium Porridge



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