

# 6

# EASY MEALS TO PREPARE, COOK, AND EAT!

THE  
LIFESTYLE  
BLOCK



**Mince, Spinach,  
Onions, Tomatoes,  
Carrots, Dark Sauce**



**Mince and Peas,  
Potatoes, Leafy Greens,  
Pumpkin/Sunflower  
Seeds & Currants**



**Prawns, Silverbeet,  
Asparagus, Bacon, Onion,  
dash of Sweet Chilli Sauce**



**Granola and  
Greek Yogurt**



**Poached Eggs &  
Hemp Seeds on  
Tomato, Kale,  
Spinach, Spring  
Onion Mix**



**Baked Chicken with  
Cumin/Paprika rub,  
Garlic/Onion  
Cauliflower &  
Broccoli, Potatoes**

Find more easy recipe tips  
and ideas on our website:  
**THELIFESTYLEBLOCK.CO.NZ**