

NO ARTIFICIAL COLOURS
AND FLAVOURS.
GLUTEN FREE
HIGH IN
OMEGA 3



#LiveMoreLife

21 DAY STRONG HEART challenge

Week 2

WELCOME TO THE SECOND WEEK
OF THE #LIVEMORELIFE 21 DAY
STRONG HEART CHALLENGE

Why heart healthy, you may ask? Well when you experience the benefits of a heart healthy diet, that's when the adventure truly begins. More energy means more drive to explore the beautiful world around you. Plus, when combined with an active lifestyle, you can lower your blood pressure and you're able to manage your cholesterol levels. So why wait? Start your heart healthy journey today. Visit our website for all the recipes you need to make a healthy change.



GOOD FOR YOUR HEART HEALTH... NATURALLY



LUNCH RECIPE 1



Flora Harissa Chicken Wraps

Lunch is served!

Let's get straight into the lunch time goodness. Now remember, the trick with lunch is to go lightly so without further ado, here's a lunch time recipe that'll have you coming back for more.



Harissa Butternut, bell pepper and chicken wraps with hummus and baby spinach

Makes: 4 servings

INGREDIENTS

- 2 cups cubed butternut (small cubes)
- 1 red pepper
- 4 skinless, boneless chicken breasts
- 45ml (3 TBSP) Flora
- 15ml (1 TBSP) Harissa spice
- Salt and pepper to taste
- 40g baby spinach
- 250ml (1 cup) hummus
- 4 whole wheat wraps

INSTRUCTIONS

Pre heat the oven to 180C.
Place the cubed butternut and whole bell pepper on the tray. Top the butternut with the chicken breasts.

Place a dollop of flora on top of each breast and the bell pepper. Sprinkle the harissa spice over the chicken breasts and sprinkle with salt and pepper.

Place the pan in the oven and roast until the pepper skin blisters and the butternut is soft. The chicken will then be cooked.

Peel the pepper and slice, slice the breasts into strips, and smash the butternut.

Place 4 wraps on the table and divide the hummus between the 4 wraps, spreading a bit on each edge.

Divide the peppers, chicken, butternut and baby spinach between the wraps.

Roll up the wraps and slice diagonally and serve.



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LUNCH RECIPE 1

Discover the power of the ingredients.

Using the power of ingredients we've formulated the perfect heart healthy lunch time snacks to help you through the midday slump - remember it's all about smaller, more consistent meals packed with nutrients and goodness.

Butternut

The power of ingredients is endless and when you look at the benefits butternuts bring - you'll want to include them more in your meals. They're a great source of fiber, potassium, vitamins, minerals and did we mention it's a high antioxidant? Make friends with the butternut - your heart will thank you for it.

- **High in potassium**
- **Rich in fiber**
- **High in antioxidants**
- **Rich in vitamins**

Did you know?

When planting a butternut squash, you need to secure a large area for cultivation as the seeds can send out vines up to 15 feet long.

Baby Spinach

Baby spinach for big nourishment. Don't be fooled - this baby plant packs a big nutritional punch and is packed with protein, iron, vitamins and minerals. proteins and Omega 3.

- **Rich in iron**
- **High in protein**
- **Packed with vitamins**
- **High in minerals**

Did you know?

Combining vitamin-C-rich foods such as citrus fruits with plant iron like spinach can improve absorption and help combat iron deficiencies.



Did you know?

Harissa paste is as easy as blending the chillis into a paste using garlic, olive oil, and aromatic spices such as caraway and coriander (pro tip: Cumin also works wonders!)

Harissa

Spice up your life! Harissa is a spice that originated from Tunisia in North Africa but is now seen in Mediterranean, Middle Eastern as well as North African cooking. Spicy food has been known to illicit feelings of satiety, meaning you feel happy and full. It also contains Capsaicin, an antioxidant proven to boost your metabolism as well as heart health. by the sun.

- **Boosts metabolism**
- **High in vitamins**
- **Rich in magnesium**
- **Lower in carbs**





LUNCH RECIPE 2

Flora Rice Bowl

Liven up your lunch! All we can say about lunch today is this: Food glorious food! Our Flora Rice Bowl is tasty, nutritious and really simple and easy to make. Keep reading for the full low down!

INGREDIENTS

- 500ml (2 cups) brown rice boiled in salted water and set aside to cool
- 1/2 cucumber diced
- 200g peeled, cubed sweet potato, mixed with 30ml (2 TBSP) flora and roasted
- 45ml (3 TBSP) roasted pumpkin seeds
- 45ml (3 TBSP) Flora
- 1/2 red onion, sliced
- 2,5ml (1/2tsp) turmeric
- 10ml (2 tsp) ground cumin
- 2,5ml (1/2 tsp) chilli flakes
- 1 small cauliflower sliced
- 1 tin drained butterbeans
- Zest and juice of 1 lemon
- Salt and pepper to taste
- 1/2 cup cherry tomato halves
- 125ml (1/2 cup) crumbled feta
- 1 avo, slices
- 1 lemon, cut in wedges

INSTRUCTIONS

Cook the rice and set aside
Roast the sweet potato with the Flora in a preheated oven at 180c
Roast the pumpkin seeds.

In a pan, heat the Flora, add the onion and fry until soft.

Add the onions and fry
Add the cauliflower and fry, adding 1/2 a cup of water to allow the cauliflower to soften (this will evaporate)

Add the butterbeans, lemon juice and zest and cherry tomatoes and turn the heat off.

Place the rice in a large bowl and sprinkle with the cubed cucumber. Top with the cauliflower bean mixture. The juice in the pan acts as a dressing on the rice.

Place the roasted sweet potato on one side of the salad, sprinkle the pumpkin seeds and crumble the feta over the potatoes.



Brown rice bowl with spiced cauliflower and butterbean, roast sweet potato and avo

Makes: 4 servings

Top with the sliced avo and serve with lemon wedges.

The mix is sufficient to make up 6 - 8 lunch boxes.



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LUNCH RECIPE 2

Discover the power of the ingredients.

Using the power of ingredients we've formulated the perfect heart healthy lunch time snacks to help you through the midday slump - remember it's all about smaller, more consistent meals packed with nutrients and goodness.

Brown rice

The wonders of brown rice are endless, this is largely due to the fact that it is a whole grain. This means it contains three parts of the grain kernel: the outer, fiber-filled layer called the bran, the nutrient-rich core called the germ, and the starchy middle layer called the endosperm.

- Nutrient rich
- Packed with vitamins
- Packed with protein
- Helps lower cholesterol

Did you know?

Arthritis patients respond very well to curcumin, a key component in turmeric.

Turmeric

Don't be fooled, this ingredient is more than just a spice and has a 4000 year old history of use to prove it. When we look at the benefits it brings, it's easy to see why we keep coming back to this wonder-ingredient.

- Contains medicinal properties
- Rich in antioxidants
- Natural anti-inflammatory
- Helps repair damage

Avocado

You don't need superpowers when you have the plant-power of Avocado. There's more to a fresh avo than the great taste - these pockets of goodness are packed with nutrients too.

- Packed with nutrients
- Rich in healthy fats
- Rich in vitamins
- Enhances the absorption of nutrients

Did you know?

There are many different types of rice in the world but be warned - not all rice has the same nutritional value.

Did you know?

Its creamy consistency makes it one of the first fresh foods a baby can enjoy.



CULTIVATE A HEALTHY HEART AND

Win

WE'VE TEAMED UP WITH PICK N PAY
THIS HEART HEALTH AWARENESS
MONTH TO GIVE YOU THE TOOLS YOU
NEED TO START YOUR HEART HEALTH
JOURNEY. SIMPLY TRY ANY OF OUR
RECIPES AT HOME, SNAP A PIC AND
POST IT ON SOCIAL MEDIA AND YOU
COULD **WIN A STRONG HEART MEAL
BASKET** WITH ALL THE INGREDIENTS
YOU NEED TO START YOUR JOURNEY.

