

# IDLA KANGCONO

## i-BREAKFAST ESHESHAYO

- + WHOLEWHEAT BREAD WITH PEANUT BUTTER OR AVOCADO
- + HARD-BOILED EGGS (EASY TO PREPARE IN ADVANCE)
- + FRESH FRUIT, LIKE BANANAS, APPLES, NAARTJIES OR ORANGES
- + INSTANT OAT SACHET MIXED WITH WATER



## ZAMA LAMA-SNACKS

- + UNSALTED NUTS OR SEEDS
- + LOW-FAT YOGHURT / DRINKING YOGHURT / AMASI
- + FRESH FRUIT (BANANAS, APPLES, NAARTJIES OR ORANGES), OR VEGGIES ON THE GO (CARROTS, CUCUMBER, TOMATOES)

## ZAMA UKUDLA LOKHU EMINI

- + **PROTEINS:** CHICKEN / TUNA / TIN PILCHARDS / SARDINES / LEFTOVER STEW (LARGER PORTION)
- + **STARCH:** WHOLEWHEAT BREAD / SAMP & BEANS / BROWN RICE / PAP (SMALLER PORTION)
- + **SALADS AND VEGETABLES:** UNLIMITED

## ZILUNGISELE

LUNGISA UKUDLA NAMA-SNACKS EKHAYA KHONA UNGEKE ULINGEKE.



## YEKA LOKHU

X UKUDLA OKUFRIED, X OKUNOSHUKELA,  
X AMA-VIENNA, X U-SALAMI,  
X U-POLONY, X IZINGINGILA,  
X AMA-CHIPS.



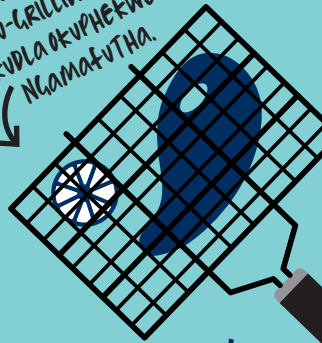
## PHUZA AMANZI NGOKWENELE



PHATHA IBHODLELA LAMANZI  
OZOKWAZI UKUPHINDE  
VLISEBENZISE

X EHLISA IZINGA  
LEZIPHUZO EZINOSHUKELA  
NAMA-FRUIT JUICE

KHETHA UKUDLA  
OKU-GRILLIWE KUNO  
KUDLA OKUPHEKWE  
NGAMAFUTHA.



## IDLA KANGCONO

BHEKA ABADAYISA  
AMA-FRUIT NAMA  
-VEGGIE E-RANK



CELA BANEZELE AMA-VEGGIE  
NAMA-SALAD KWIZIDLO  
ZAKHO