

TOP TIP

Increase plant-based meals:

- Each week, increase the number of meat-free meals you already enjoy.
- Try your favourite recipes without meat - legumes are a great alternative.
- Research vegetarian recipes online and select vegetarian options when you dine out.
- The more variety you bring to your diet, the more you will enjoy it!

READ ME!



FOR A FREE COPY OF THE BOOKLET,
contact the Pick n Pay dietitian at healthhotline@pnp.co.za