



HEALTH CONDITIONS KEY p1

Meals for Heart Health

Atlantic Salmon
Brussels Sprouts and Salmon
Cauliflower Chicken
Chicken and Peas
Chicken and Veggies
Chicken Fajitas
Couscous and Prawns
Fish and Vegetables
Pasta Chicken
Roasted Tilapia
Salmon Pasta
Salmon Spinach
Seared Tilapia
Southwest Tilapia
Turkey and Peppers
Turmeric Turkey
Zucchini Chicken
Zucchini Prawns

Meals for Gout

Atlantic Salmon
Brussels Sprouts and Salmon
Cauliflower Chicken
Chicken and Peas
Chicken and Veggies
Chicken Fajitas
Couscous and Prawns
Grilled Chicken
Pasta Chicken
Roasted Tilapia
Salmon Pasta
Salmon Spinach
Seared Tilapia
Southwest Chicken
Southwest Tilapia
Steak Fajitas
Turkey and Peppers
Turmeric Turkey
Yam Chicken
Zucchini Chicken
Zucchini Prawns

Meals for Pre Diabetes/Diabetes

Brussels Sprouts and Salmon
Cauliflower Chicken
Chicken and Peas
Chicken and Veggies
Chicken Fajitas
Couscous and Prawns
Fish and Vegetables
Grilled Chicken
Grilled Prawns
Roasted Tilapia
Salmon Spinach
Seared Tilapia
Shrimp Fajita
Southwest Chicken
Southwest Tilapia
Steak Fajitas
String Bean Chicken
Turkey and Peppers
Turmeric Turkey
Yam Chicken
Zucchini Chicken

Meals for Renal Stage 1-3

Atlantic Salmon
Brussels Sprouts and Salmon
Cauliflower Chicken
Chicken and Peas
Chicken and Veggies
Chicken Fajitas
Couscous and Prawns
Fish and Vegetables
Roasted Tilapia
Salmon Pasta
Salmon Spinach
Seared Tilapia
Southwest Tilapia
Steak Fajitas
Turkey and Peppers
Zucchini Chicken
Zucchini Prawns

Meals for Renal Stage 4

Atlantic Salmon
Brussels Sprouts and Salmon
Cauliflower Chicken
Chicken and Peas
Chicken and Veggies
Chicken Fajitas
Couscous and Prawns
Fish and Vegetables
Roasted Tilapia
Salmon Pasta
Salmon Spinach
Seared Tilapia
Southwest Tilapia
Steak Fajitas
Turkey and Peppers
Zucchini Chicken
Zucchini Prawns

Meals for Renal Stage 5

Atlantic Salmon
Chicken and Peas
Grilled Prawns
Pasta Chicken
Roasted Tilapia
Salmon Pasta
Seared Tilapia
Steak Fajitas
String Bean Chicken
Turkey and Peppers
Turmeric Turkey



HEALTH CONDITIONS KEY p2

Healthy Meals

Brussels Sprouts and Salmon
Cauliflower Chicken
Chicken and Peas
Chicken and Veggies
Couscous and Prawns
Fish and Vegetables
Roasted Tilapia
Salmon Spinach
Seared Tilapia
Southwest Tilapia
Steak Fajitas
Turmeric Turkey
Zucchini Chicken
Zucchini Prawns

Meals for Weight Loss

Cauliflower Chicken
Chicken and Peas
Couscous and Prawns
Fish and Vegetables
Grilled Chicken
Salmon Spinach
Shrimp Fajita
Southwest Chicken
Steak Fajitas
String Bean Chicken
Turmeric Turkey
Yam Chicken
Zucchini Chicken
Zucchini Prawns