



**Mealtimes just can't get any healthier.**



Stock *Lifestyle Organics*  
tasty choices for breakfast,  
lunch & dinner. Products to suit busy  
*organic, vegetarian & vegan* lifestyles  
- ready in just 3 to 10 minutes!





## Organic READY-TO-COOK/PREPARE MIXES

item code	product name	units/case	cooking time
31192UK	Organic VEGETABLE COUSCOUS	14x120g	5 min.
31222UK	Organic VEGETABLE RISOTTO	14x120g	5 min.
31224UK	Organic PEPPER AND TOMATO RISOTTO	14x120g	5 min.
31226UK	Organic VEGETABLE BARLEY	14x120g	10 min.
31228UK	Organic VEGETABLE QUINOA STEW	14x120g	8 min.
31230UK	Organic VEGETABLE BUCKWHEAT	14x120g	8 min.
31232UK	Organic PORCINI MUSHROOM RISOTTO	14x120g	5 min.
31234UK	Organic PORCINI MUSHROOM POLENTA	14x120g	5 min.
31236UK	Organic VEGETABLE RICE - GRAINS MIX	14x120g	10 min.
31242UK	Organic VEGETABLE SPELT	14x120g	8 min.



## Organic READY-TO-COOK ASIAN-STYLE MIXES

item code	product name	units/case	cooking time
31162UK	Organic SHIITAKE RICE MIX	14x120g	5 min.
31163UK	Organic INDIAN RICE MIX	14x120g	5 min.
31164UK	Organic ORIENTAL RICE PILAU	14x120g	5 min.
31165UK	Organic THAI RICE PLATTER	14x120g	5 min.



## Organic READY-TO-COOK SWEET DELIGHTS

item code	product name	units/case	cooking time
31204UK	Organic SPELT & BANANA PORRIDGE WITH VANILLA	14x100g	3 min.
31203UK	Organic STRAWBERRY PORRIDGE WITH CINNAMON	14x100g	3 min.
31205UK	Organic MILLET AND MANGO PORRIDGE	14x100g	5 min.
31201UK	Organic APPLE AND CINNAMON RICE PUDDING	14x100g	5 min.
31202UK	Organic CHOCOLATE AND CHERRY RICE PUDDING	14x100g	5 min.



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