



Here is an ideal  
meal for an Olympic champion:

three course

**Starter:**

***Tuna, avocado and quinoa salad:***

Tuna, avocado, cherry tomatoes, feta cheese, baby spinach, mixed seeds, salad dressing made up of lemon juice, white wine vinegar, olive oil



**Main Course:**

***Teriyaki chicken, white jasmine rice, stir fried vegetables:***

Chicken fillet marinated in a teriyaki sauce served with white jasmine rice, broccoli florets, green peppers and sugar snap peas





**Dessert:**

***Vanilla ice cream***

Vanilla ice cream, strawberries, blueberries, bananas, chopped hazelnuts

