



5-Minute Salmon Rice Cup

A quick, filling lunch that's high in protein and ready when you are.



SERVES
1



PREP TIME
5 MIN



NO COOKING
REQUIRED
(just heat rice)



HIGH IN
PROTEIN

What You Need



1 (3.9 oz)
can salmon



1 microwave
rice cup
(brown or white)



½ avocado



Hot sauce
(or your favourite)



Everything seasoning
(or salt & pepper)

How to Enjoy

1

Prepare rice cup
according to package
directions.

2

Top with drained
salmon and diced
avocado.

3

Add hot sauce or your
favourite seasoning.
Mix and enjoy!



Open. Create. Enjoy.

GOOD FOR YOU



**HIGH-QUALITY
PROTEIN**
Helps keep you full and focused



**SUPPORTS
BRAIN HEALTH**
Rich in omega-3 fatty acids



REAL INGREDIENTS
Nutritious and delicious