

Supper Sudoku

You're probably familiar with the popular brain trainer, Sudoku. You have to put the numbers 1-9 in a grid so that each row, column and box contains them once, with no repetitions.

This Supper Sudoku uses the same principle to organise your food; you simply input 4 proteins, 4 sauces/flavours, 4 vegetables and 4 carbohydrates and it generates 10 unique meal combinations for you to try. I've done one for you below, with a suggestion as to how you might add to the meal further. There's also a blank template for one on the next page so you can have a go yourself!

World flavours example

CHICKEN BREASTS	(BELL) PEPPERS	COCONUT MILK	NOODLES	
SWEET POTATO WEDGES	TEX-MEX SPICE	SPRING ONIONS (SCALLIONS)	PRAWNS (SHRIMP)	
BROCCOLI	BEEF STEAK STRIPS	RICE	SOY SAUCE	
TOMATO SAUCE (MARINARA)	PASTA	SALMON FILLET	SPINACH	

+ paprika + beef stock = goulash

+ sweet chilli + peanut butter = chicken satay

+ avocado + taco shells = spicy prawn tacos and wedges

+ garlic + cashews = easy beef and broccoli stir fry

+ mascarpone + peas = salmon pasta bake

+ mozzarella + prosciutto = Italian stuffed chicken

+ sun-dried tomatoes + cream = Tex-Mex-cream pasta

+ lemon + chicken stock = coconut-poached salmon

+ ginger + honey = sticky prawn noodles

+ black beans + tortilla pancakes = chicken burritos

Now it's your turn!

Print off this sheet and input 4 proteins (P), 4 sauces/flavours (S), 4 vegetables (V) and 4 carbohydrates (C) into the grid below.

Play around with the different combinations you can make (do it in pencil first!) and feel free to write an additional ingredient or two on the side just to 'jazz up' the meals to your liking. Then, read across each row, down each column or on a diagonal to see your 10 unique meal combinations!

Hint: it's easier if you pick common/simple proteins and flexible flavours.

My Supper Sudoku:

P	V	S	C
C	S	V	P
V	P	C	S
S	C	P	V