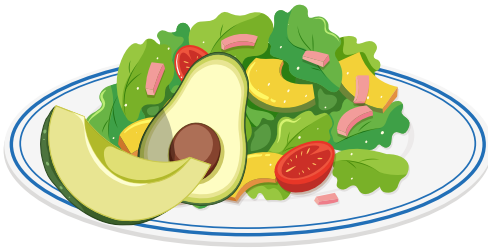




Men's health

Are you looking after your health? Studies show that men are much less likely to take action when they feel physically or mentally unwell, and that men have a life expectancy that's five years shorter than women's. You can't be your best when the fuel you put in isn't top quality. So, try these fresh recipes:



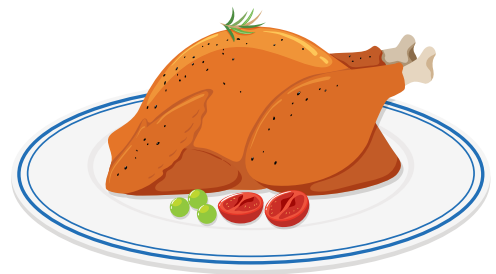
Avocado and biltong salad

Chop some spinach and sprinkle with a little olive oil and lemon juice. Add a handful of lean biltong and slice half of a ripe avocado into the salad. Eat as is for a protein-packed lunch or side dish, or stuff into a Panini for dinner.



Muscle-up breakfast

Boil two eggs. Toast two slices of bread and spread with peanut butter. Slice a banana over the peanut butter toast and eat the boiled eggs with lemon juice for a high-protein breakfast. Perfect for after your workout.



Easy chicken dinner

Preheat the oven to 180°. Layer chicken breasts, lemon juice, olives, and a can of tomatoes in an oven proof dish. Bake for an hour and serve on spinach with grated mozzarella.



Catch it early

Men are less likely than women to go see someone when their health isn't at its peak. That may be why men also suffer a higher percentage of life-threatening diseases. Don't wait. Get tested now.



Toll-free: **0800 111 011**

Request a call back: ***134*905#**

Get in touch online: <http://app.lyrawellbeing.health/>

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