

# Ulandelelwano

Igama:

Imveliso yentlanzi enkonkxiweyo inempilo kakhulu kuwe kuba ibandakanya i-Omega-3 Fatty Acids, nezibalulekileyo ekusebenzeni kwengqondo nememori. Kulungile ukudibanisa intlanzi enkonkxiweyo kwisidlo sakho kabini ngeveki ubuncinane.

Iresiphi engezantsi ibonisa indlela yokufumana unikezelo lwemihla ngemihla lwe-Omega-3 Fatty Acids. Kodwa, kukho iingxaki ezingephi:

1. Akukho luhlu lokudityanisiweyo, kunye nemiyalelo nendlela ayimanga ngendlela efanelekileyo.
2. Esinye sezihloko akukho nto ebhaliweyo phantsi kwaso. Zicingele ngokwakho ukugcwalisa izithuba ezingenanto.

Ukusombulula ezi ngxaki, funda ingcaciso engezantsi:

1. Phantsi kwesihloko, “okudityanisiweyo,” bhala konke okudityanisiweyo okufuneka kwiresiphi.
2. Phantsi kwesihloko “indlela yokwenza,” bhala phantsi onke amanyathelo ekufuneka uwalandele ukwenza iresiphi ibe yimpumelelo.
3. Phantsi kwesihloko, “Kumnandi kakhulu ne-”, faka ezakho izimvo. Khumbula ukuba kufuneka ubhale izivakalisi ezigcweleyo usebenzisa iziphumlisi, izingxi, oonobumba abakhulu, iimpawu zezikhuzo kunye neekoma.



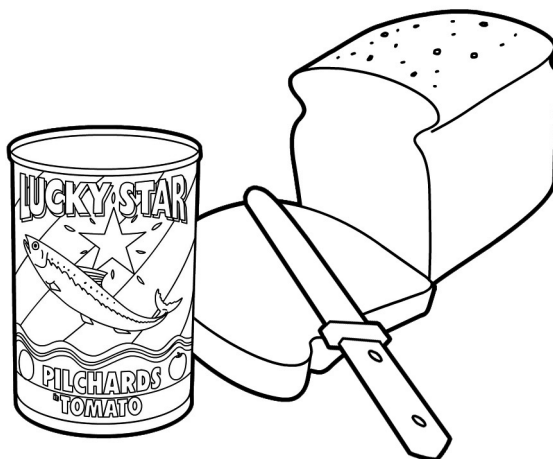
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Indlela yokwenza:

'li-Pilchards kwithowusti'

Galela intwana yetyuwa uze uxube. Faka itispuni lomxube we-Pilchard esonkeni sakho. Konwabele. Dibanisa itispuni le-mayonnaise esityeni see-Pilchard.



Okudityanisiweyo

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Indlela yokwenza

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Kumnandi kakhulu ne-

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