

- \* Including **SUPERFOOD** with meals or snacks guarantees you are getting **REAL NUTRIENTS**.
- \* Keep a ready made bowl in the fridge, ready to use with any meal or snack.
- \* It is very tasty, and more Nutrients and Less calories than a garden salad with commercial dressing.
- \* Doing this as a routine, means it is less stressful, by not worrying about how healthy your food choices are.

**SUPERFOOD** is chopped cabbage and baby spinach and grated celery. Add sea salt, pepper and vinegar. It is very high Nutrient and very Low Calorie.



Very tasty on cheese slices, cold meat and savoury biscuits. Ideal for take to work lunch.



Have in a cheese roll for a quick snack.



Home made **SUPERFOOD** pies are very tasty and Low calorie.

