

# 6 HEALTHY RECIPES FOR YOU TO TRY!

Courtesy of Kristen Djermanovic  
Accredited Practising Dietitian  
Accredited Sports Dietitian  
Approved Eating Disorder Practitioner



1

CRISPY SALMON ROLLS WITH SESAME SOY DIPPING SAUCE



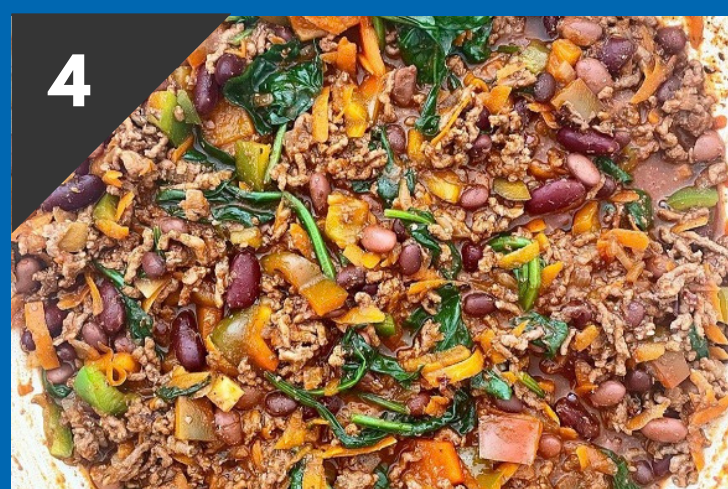
2

ROAST VEG SALAD



3

SLOW-COOKER LENTIL SOUP



4

VEGGIE LOADED MEXICAN MINCE



5

MASSAMAN CURRY



6

LEFTOVER LAMB AND POTATO FRITTERS

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