

6 HEALTHY RECIPES FOR YOU TO TRY!

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

1



**SPROUTS AND
SPECK SALAD**

2



**NO COOK
VIETNAMESE SALAD**

3



**EASY RAINBOW
SALAD**

4



**HEARTY VEGETABLE
CURRY**

5



**SALTY-SWEET
SMOOTHIE**

6



**SALMON & SWEET
POTATO PATTIES**

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