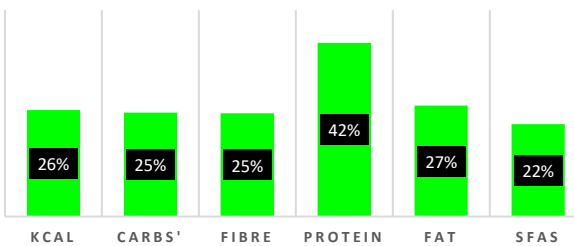
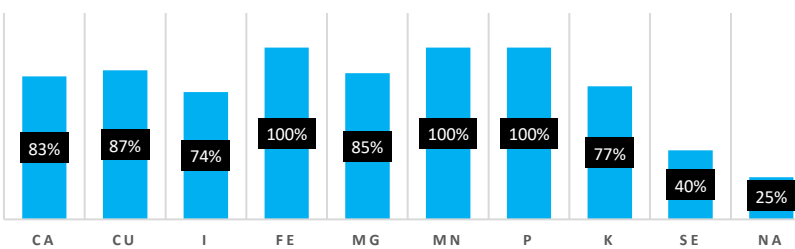
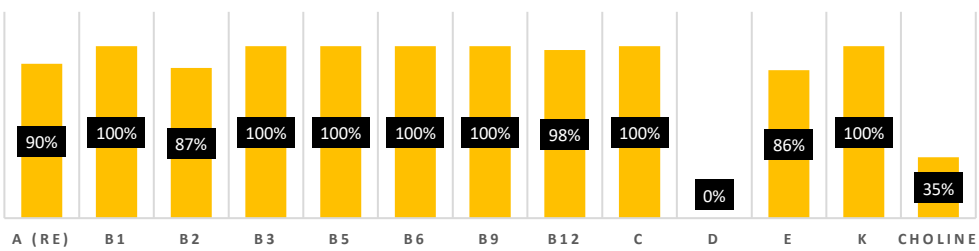
NUTRIENT DATA

NUTRITIONAL ABBREVIATIONS

Kcal – Calorie
SFAs – Saturated Fatty Acids
MUFAs – Monounsaturated Fatty Acids
PUFAs – Polyunsaturated Fatty Acids
ω–6 – Omega 6 fatty acids
ω–3 – Omega 3 fatty acids
A (RE) – Vitamin A retinol equivalent
Ca – Calcium
Cu – Copper
I – Iodine
Fe – Iron
Mg – Magnesium
Mn – Manganese
P – Phosphorus
K – Potassium
Se – Selenium
Na – Sodium
Zn – Zinc
H20 - Water







QUANTITIES & WEIGHTS

This information is a guide to how nutritional values of ingredients were calculated in this book.

A

Apple, medium = 150g *(not including core)*
Asafoetida powder *(Hing)*, 1 tsp = 3g
Avocado, 1 medium = 140g

B

Banana, 1 medium = 120g
Basil, dried, 1 tsp = 0.7g
Bay leaf, dried, 1 leaf = 2g
Beans, cooked, 1 cup = 175g
Bell pepper, 1 medium = 120g
Baking soda *(bicarbonate of soda)*, 1 tsp = 4g
Baking powder, 1 tsp = 2g
Black pepper, 1 tsp = 2g
Bread, 1 slice = 36g
Bread sticks = 32g

C

Cabbage, 1 head = 1kg
Cacao powder, 1 tsp = 2.2g
Cardamom pod, 1 pod = 0.3g
Cardamom pod seeds, 1 pod = 0.22g
Carob powder, 1tsp = 2g
Carrot, 1 medium = 60g
Celery, 1 stalk = 40g
Chia seeds, 1 tsp = 3g, 1 tbsp = 9g
Chili powder, 1 tsp = 2.2g
Chili, 1 fresh = 45g
Chili, Kashmiri, dried, 1 chili = 2g
Chinese 5 spice, 1 tsp = 2.2g
Cinnamon powder, Ceylon, 1 tsp = 1.8g
Coriander powder, 1 tsp = 2g

Chilli powder photo by Devanath, Pixabay.com

Cucumber = 200g
Cumin powder, 1 tsp = 2.2g
Cumin seeds, 1 tsp = 1.6g
Curry leaves, dried, 1 tbsp = 0.8g

D
Dates, 1 medium = 7g
Dill, dried, 1 tsp = 0.4g, 1 tbsp = 1.2g
Dried Apricot = 8g each

F
Fennel seeds, 1 tsp = 1.6g
Fenugreek Leaves: 1 tsp = 0.4g, 1 tbs = 1.2g

G
Galangal powder, 1 tsp = 1.6g
Garam masala, 1 tsp= 2g
Garlic, fresh, 1 clove = 5g
Garlic powder, 1 tsp = 2.2g
Ginger powder, 1 tsp = 2g

K
Kaffir leaves, dried, 1 = 0.1g
Kaffir leaves, fresh, 1 = 0.5g

L
Leek, 1 medium = 100g
Lemon, 1 medium = 30g Juice, 7g zest
Linseed, 1 tsp = 2.6, 1 tbsp = 7.8

M
Mango powder, 1 tsp = 2g
Mint, dried, 1 tsp = 0.5g
Mustard powder, 1 tsp = 2g
Mustard seeds, 1 tsp = 2.6g

N
Nori sheets, 1 sheet = 3.3g

Nutritional yeast flakes, 1 tbsp = 5g
(Online sources suggest 1 tbsp of nutritional yeast flakes = 10g, but I checked!)
Nutmeg powder, 1 tsp = 2g

O
Olives, 1 medium = 3g
Onion, 1 medium = 150g
Onion powder, 1 tsp = 2g
Oregano, dried, 1 tsp = 0.6g

P
Paprika powder, 1 tsp = 2.2g
Parsley, dried, 1 tsp = 0.5g
Potato, 1 medium = 200g

R
Rice, raw, 1 portion = 75g
Rosemary, dried, 1 tsp = 1.2g

S
Salt, 1 tsp = 4g
Sesame seeds, 1 tsp = 2.6g, 1 tbsp = 7.8
Strawberry = 12g
Sumac, 1 tsp = 2g, 1 tbsp = 6g
Sunflower seeds, 1 tsp = 2.6g, 1 tbsp = 7.8

T
Thyme, dried, 1 tsp = 0.8g
Tomato, fresh, 1 medium = 120g
Turmeric, 1 tsp = 2.2g

W
Walnut = 4g
Water, glass of = 250g

Y
Yeast, dry bakers, 1 tsp = 3g

Z
Zaatar, spice mix, 1 tsp = 2g, 1 tbsp = 6g

Dates photo by Monfocus, Pixabay.com
Ginger photo by Kenstock *(Prasert Taosiri)*, Pixabay.com

NUTRIENT INFORMATION

Disclaimer
Any information provided within this document is not intended to and should not replace any medical advice. If you have any health conditions you should speak with your GP first before following any of the advice or information provided.

Portions, Caloric Requirement and Nourishment
The portion sizes in my recipes are based on the requirements of an active, lean individual *(circa 62kg)* with a 2500 calorie requirement. However, individuals with lower or higher caloric requirements can easily adjust portion sizes to suit.

Portion size does influence the quantity of each nutrient in your diet, but your caloric requirement also contributes to how much you need. Therefore, the nutrient percentage values provided for each recipe and meal suggestion are perhaps more helpful for most people than the exact amount of each nutrient.

Imagine Your Life RDAs
RDAs *(Recommended Daily Allowances)* differ depending on your source of information. Different countries recommend different RDAs. I have largely used the UK adult recommendations and where there is a gender difference I have gone with the slightly higher amount *(except for iron where the RDA for menstruating women is significantly higher)*. However, I have adjusted the RDAs of some nutrients to reflect research that suggests the RDA is not an exact science and other factors may affect required amounts.

Therefore, the RDA's in this document are UK focused and whilst influenced by them, they do not necessarily fall under governmental guidelines. The nutrients whose RDAs I have adjusted or warrant some extra detail include choline, fibre, iodine, iron and manganese

In addition to RDA guidelines some nutrition apps and websites contain inaccuracies such as weight or volume measurements of ingredients. This is misleading and significantly affects the nutrient data they provide. For this and other reasons I created my own database.

Choline

The UK does not currently recommend an RDA for Choline. Humans can produce small amounts of choline *(via the hepatic phosphatidylethanolamine N-methyltransferase pathway)*, but it is not enough and thus choline is still required in your diet and considered an essential nutrient. Factors that affect the body's ability to secrete its own choline include B12, folate and protein intake.

Choline deficiency may show up with liver damage *(often 'non-alcoholic fatty liver disease'),* muscle damage and perhaps poor cognitive function. But in excess choline has been linked to increased risk of chronic disease and nasty side effects. It may also contribute to the cardiovascular disease process, inflammation, and cancer. So how much does one need?

The European Food Safety Authority recommends 400mg for adults *(480-520 for pregnant or lactating women)*. These numbers are based on consumption data of healthy people from surveys across Europe and scientific data on the amount of choline required to reverse a deficiency. The data is not bullet proof but a study from 2008 showed that those consuming more than 310mg/d had less inflammatory blood markers than those consuming less than 250mg/d. So, one can be sure that more than 250mg is better than less and most people likely need between 300 and 400mg. In fact, many food surveys show that the average healthy person may only eat this amount anyway. 400mg is a good aim and the RDA I have used.

Fibre

Fibre can aid in satiation, reduce cholesterol, has antibacterial, antiviral and anticancer properties, but its main role is to help keep our digestive system healthy. This includes acting as a sweep to remove digestive waste and feeding our gut bacteria. Gut bacteria are necessary for nutrient production and absorption; as they feed on fibre, they produce vitamins, neurochemicals such as serotonin and dopamine, short-chain fatty acids *(SFAs)* and more.

SFAs provide energy, nourishment and are directly related to intestinal health and function. SFAs also influence appetite, blood sugar balance, immune function, inflammation, gut barrier function and may help reduce the risks of obesity, cancer, metabolic syndrome and cardiovascular disease. The high fibre content of beans is partly why they have been shown to be so beneficial. They are often avoided because they cause flatulence, but this does improve over time as your gut bacteria adjusts. Some might even say a little extra farting is healthy!

The UK recommends 30g per day, however current average intake is estimated to be around 20g or lower. When one looks back to our Palaeolithic ancestors and/or we study traditional cultures with extreme longevity and rarity of disease it is reported that they eat more than 90g fibre per day. Some of my recipes contain ~30g fibre in 1 portion! I have set a target of 75g per day.

Iodine

I have chosen the UK RDA for iodine which is 140mg per day. To calculate the potential iodine content for my recipes I used data from the 'Database of the Iodine Content of Food and Diets Populated with Data from Published Literature' *(CR/03/084N),* published 1 January 2003, Dept for International Development. I have used a mean calculation of iodine content in foods. This should be taken as a reference guide only as iodine content varies significantly depending on the origin and production of ingredients/food. For iodine content in seaweed products, I have used data from the study: 'Variability of Iodine Content in Common Commercially Available Edible Seaweeds' by Jane Teas, Sam Pino, Alan Critchley, and Lewis E. Braverman, published online 10 November 2004.

Iron

Different amounts are required for different life stages in women. The RDA in this book is the UK recommendation of 8.7mg *(male adults & non-menstruating women).* Menstruating women *(11-50 years)* need around 14.8mg daily which is about 170% of the RDA. Vegans may also need more iron in their diet due to compounds within plant-based foods which can inhibit iron absorption.

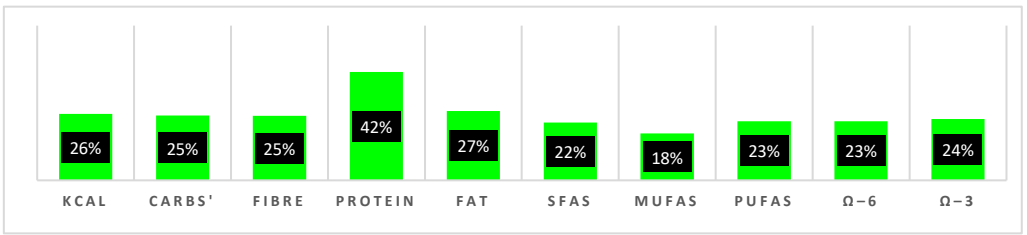
Manganese

A trace mineral, easily obtainable from food. We only need a small amount, and the UK does not currently recommend an RDA for manganese. The World Health Organisation suggests a minimum of 2.5mg per day, the USA recommends 2.3mg. I have used 3mg as a goal.

Data Sources

Data sources I have used to calculate nutritional values in the recipes include: Nutrition Coordinating Centre *(NCC).* Elizabeth Stewart Hands and Associates *(ESHA).* Canadian Nutrient File *(CNF).* McCance Widdowson's Composition of Foods Integrated Dataset 2019, USDA. Database of the Iodine Content of Food and Diets Populated with Data from Published Literature' *(CR/03/084N),* published 1 January 2003. Variability of Iodine Content in Common Commercially Available Edible Seaweeds' by Jane Teas, Sam Pino, Alan Critchley, and Lewis E. Braverman, published online 10 November 2004.

MACRONUTRIENTS



Macronutrients include protein, carbohydrate, and fat. Macronutrients provide most of the energy within our diet and assist with repairing, renewing and building of the body. The perfect amount of each macronutrient required is unique to each person, but one can learn a lot from good scientific studies on health and performance to provide a guide.

Individual macronutrient requirements vary according to many factors including BMI, metabolic rate and activity levels.

Protein

Wholefood plant-based proteins are a fantastic source of amino acids to help your body grow, repair and function properly. The amount of protein intake recommended works out to about 1.26g protein per kg of bodyweight per day (g/kg/d). 1.26g/kg/d of protein is an exceptionally good amount for most individuals and athletes.

However, if you are bodybuilding or do a high amount of strength or endurance work you may require more. Most research suggests that 1.6g/kg/d is the perfect amount of protein required for muscle growth. If you divide this into 4 meals it works out at 0.4g of protein per kg of bodyweight per meal. At this point most benefits max out. This is due to protein absorption generally being limited at each meal to 20-40g. So, if your target calorie and protein intake exceed what you could absorb in 4 meals it's better to eat extra meals rather than eat bigger meals. The extra meal/s can easily take protein intake to 2g/kg/d or more. If you are training hard you may also benefit from the extra carbohydrates and fats.

Note: an especially high protein diet may have negative health effects.

Carbohydrate

Wholefood high-fibre plant-based carbohydrates are a great energy source for the body. The carbohydrate intake recommended works out to about 7g *(including fibre)* per kg of bodyweight per day. A highly active person or those doing endurance cardio sports may require more, and a less active person may require less. The percentages I show within the nutrient data and meal suggestion pages will assist you in making good choices.

Fat

Wholefood plant-based fats provide essential fatty acids that the body cannot produce by itself. They help the body absorb fat soluble nutrients and are a potent energy source. The recommended fat intake is calculated using remaining energy required, ensuring essential fatty acid *(omega 6 & 3)* requirements are met and ideal amounts of monounsaturated and polyunsaturated fats are also included. Omega conversion rates and the ease of obtaining different fats from plant profiles have been considered.

Saturated fat intake is recommended at around 10g per day, this is far less than the UK guidelines of up to 20/30g *(female/male)* per day and unless consuming animal foods, free oils, or lots of coconut it is easily achievable. Recommended intake of monounsaturated fat is about 15g per day, polyunsaturated fat intake about 20g per day. The essential fatty acids are both polyunsaturated acids and work out to about 16g Lauric Acid *(Omega 6),* and about 4g Alpha Lipoic Acid *(Omega 3)*.

This is a total of about 45g, a long way off many recommendations of about 70g per day, yet easily obtainable with a natural approach to eating. You can obviously exceed this by using processed oils or unbalanced consumption of other foods. The intake recommendation in this book reflects amounts closer to that of traditional healthy ethnic groups with a plant-centric dietary approach and exceptionally low rates of non-communicable diseases.

Ingredient Options

Where I have listed ingredient options in the recipes, I have taken each ingredient into account and allocated a relative proportion of each ingredient to quantify nutrient data.

A BALANCED PLATE

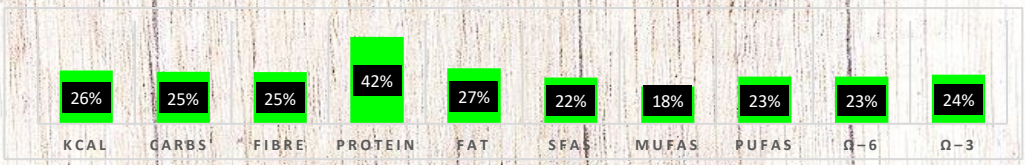
I have not listed the exact amounts of each food within the meal suggestions. Therefore, the nutritional data provided is a guide, not precise science; please apply common sense. The plate below helps provide a visual concept of how a healthy plate might look at lunch and dinner.

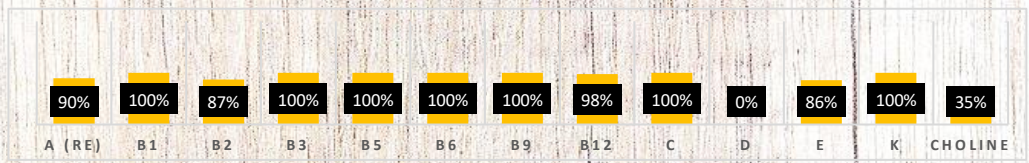
PLANT POWER

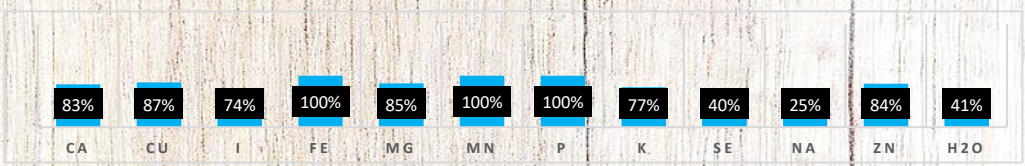
Plants contain over 25,000 phytonutrients, plus all the vitamins and minerals needed to keep you alive. They should be the main bulk of our diet as they play important roles in disease prevention and recovery.

IMAGINE YOUR LIFE

RECIPE & MEAL NUTRITIONAL VALUES





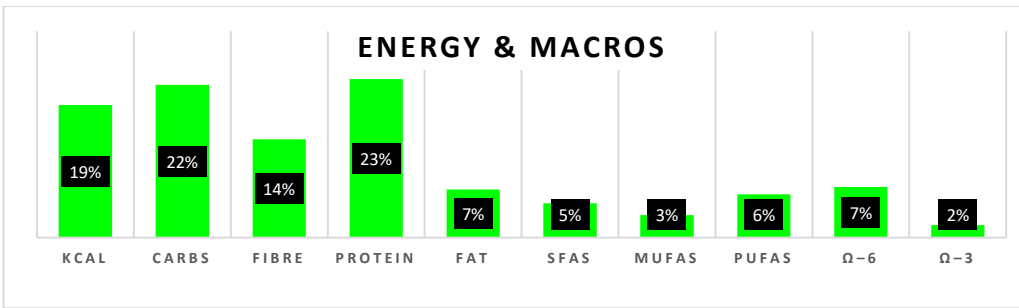


Wood background by Goumbik (Lukas), Pixabay.com

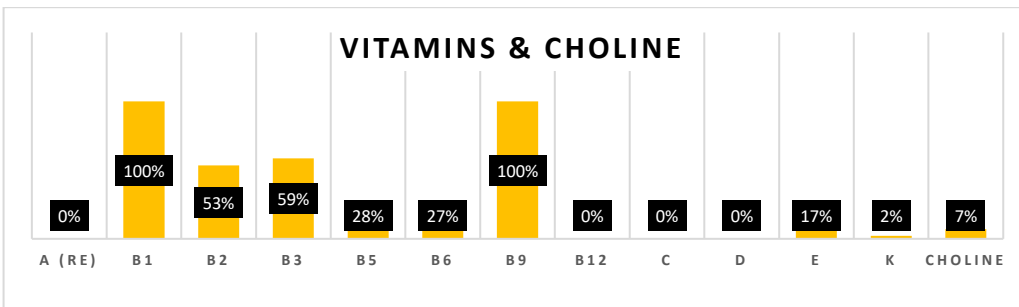
60 MINUTE BREAD
AS IT IS

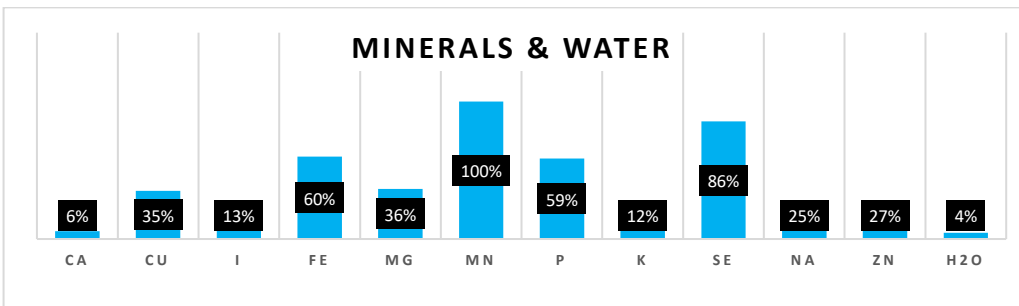
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 16:1



483kcal	100g	11g	18g	3g	0.47g	0.48g	1.19g	1.12g	0.07g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



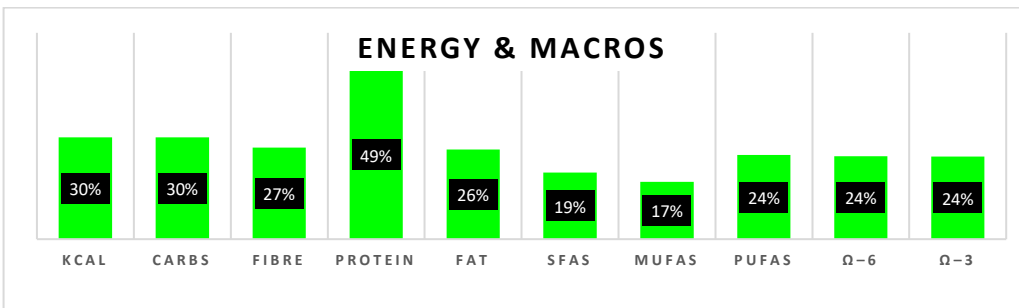


MEAL SUGGESTION

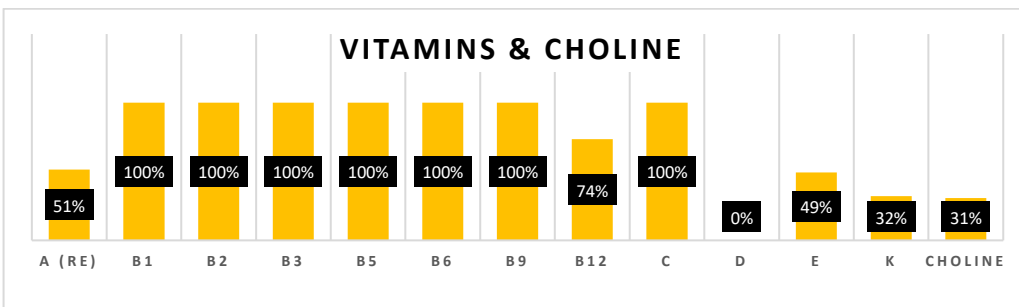
60 Minute Bread, Scrambled Tofu, Ground Linseed
Carrot, Sweet Bell Pepper, Sundried Tomatoes
Large Glass of Water

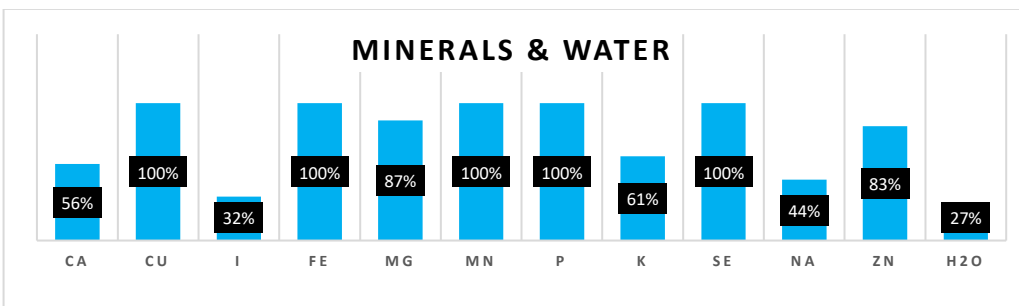
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



741kcal	133g	20g	38g	11.2g	1.83g	2.44g	4.63g	3.65g	0.91g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

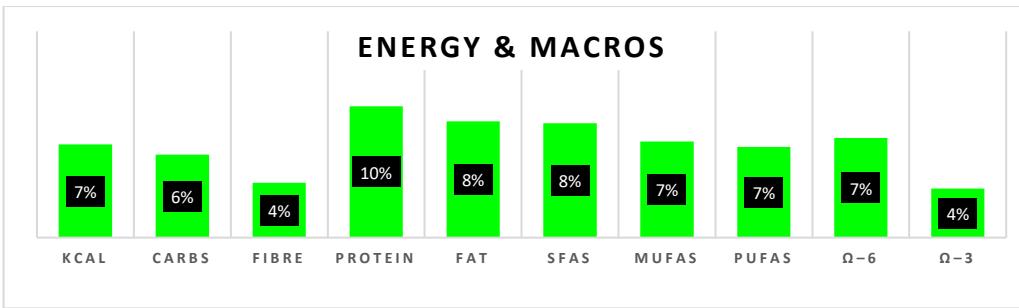




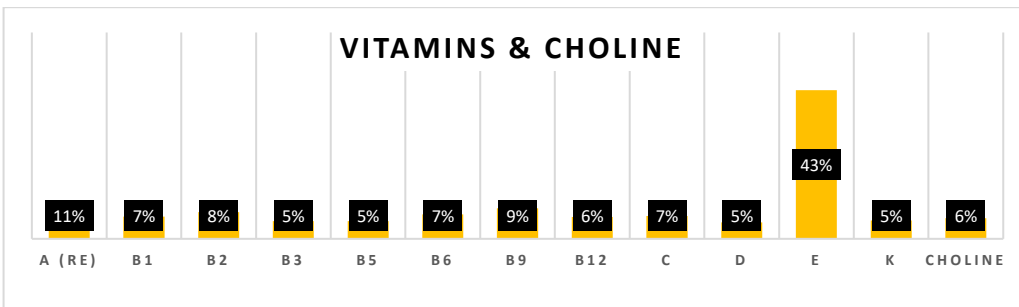
APRICOT & ALMOND ICE-CREAM AS IT IS

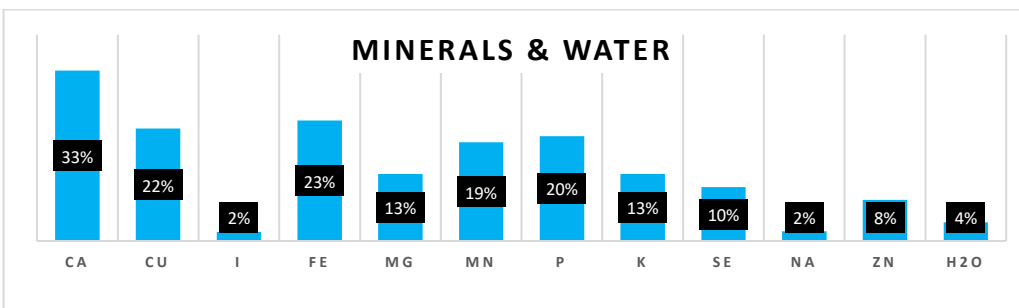
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 8:1



169kcal	27g	3g	7g	3.6g	0.79g	1.02g	1.25g	1.1g	0.13g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

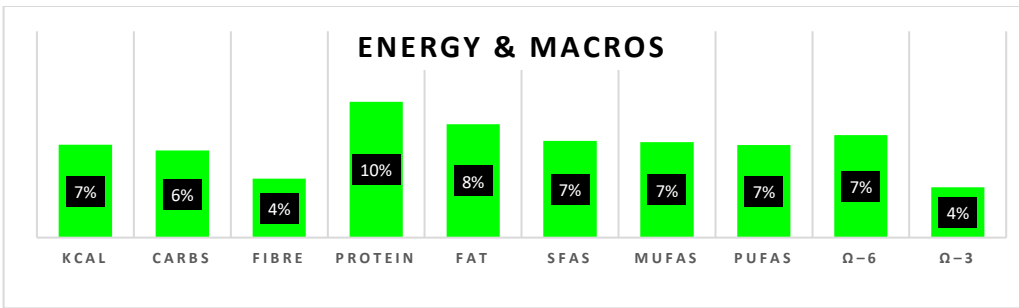




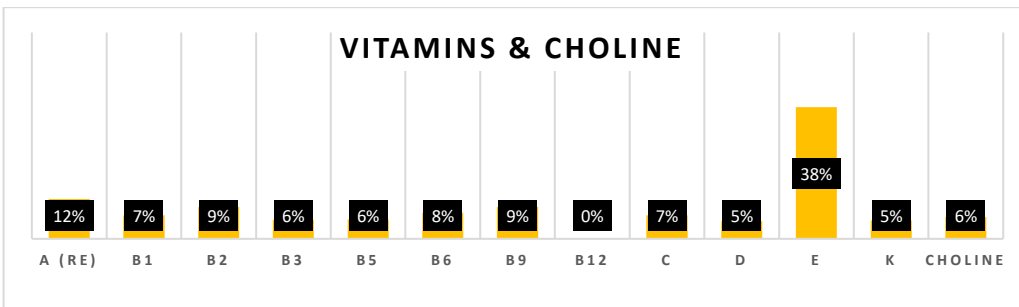
APRICOT & GINGER ICE-CREAM AS IT IS

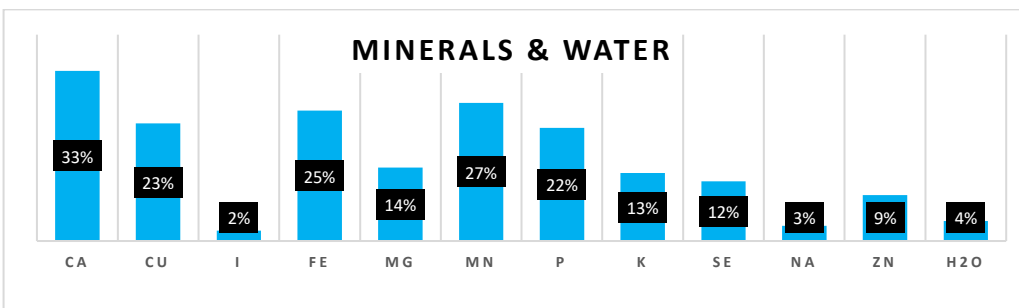
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 8:1



169kcal	28g	3g	8g	3.5g	0.67g	1.02g	1.27g	1.13g	0.14g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

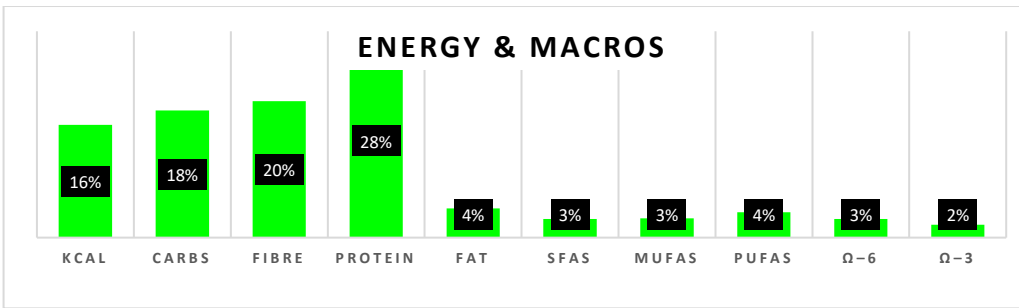




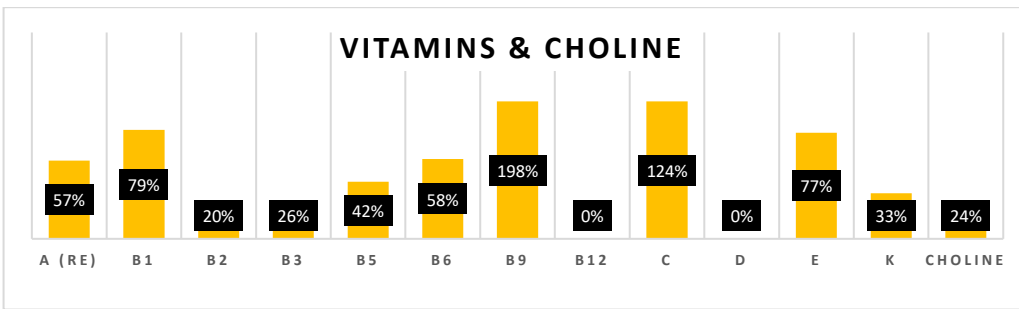
APRICOT & LENTIL SOUP
AS IT IS

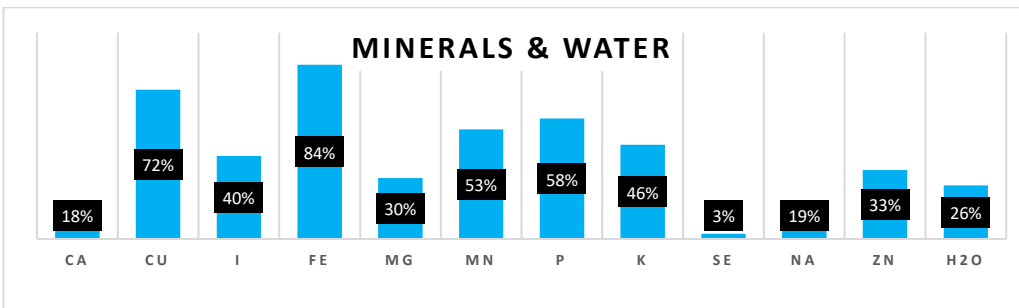
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



409kcal	83g	15g	22g	1.8g	0.26g	0.41g	0.7g	0.41g	0.07g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



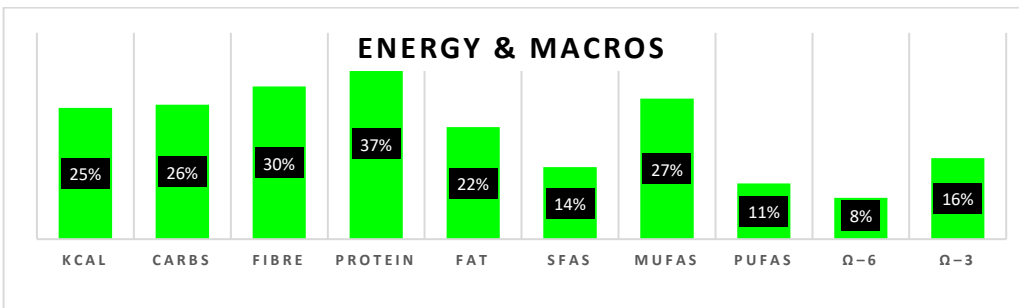


MEAL SUGGESTION

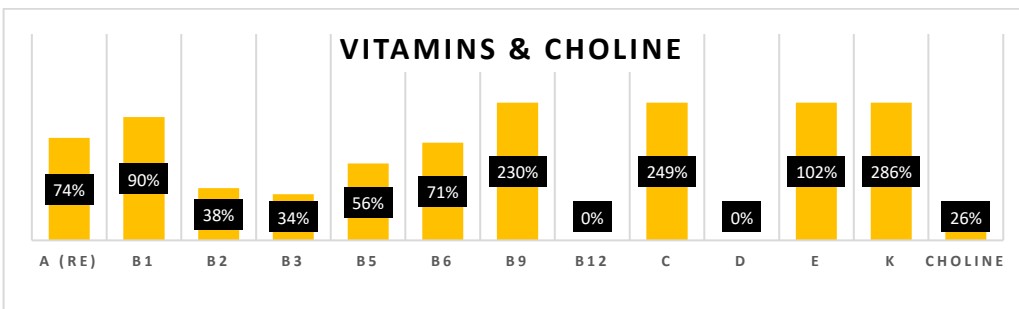
Apricot & Lentil Soup, Wholemeal Bread,
Mashed Avocado, Ground Linseeds, Steamed Kale

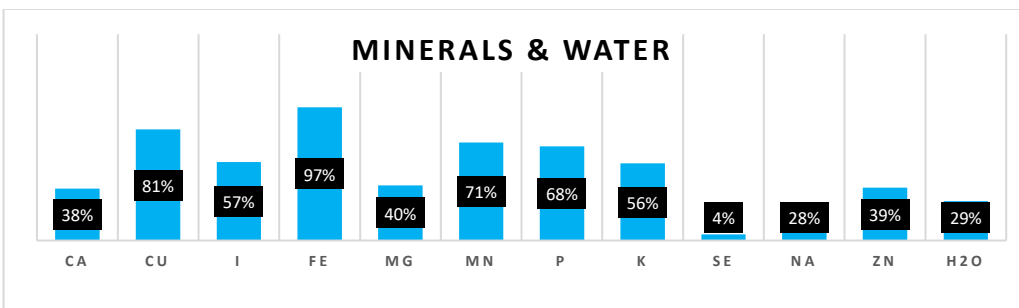
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 2:1



637kcal	117g	22g	29g	9.4g	1.32g	3.99g	2.04g	1.21g	0.6g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

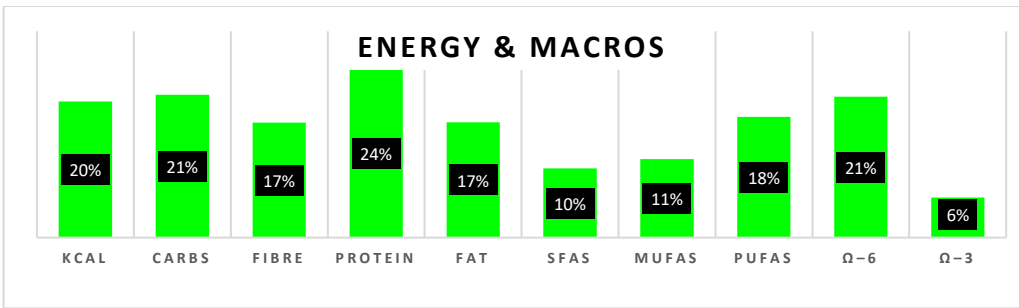




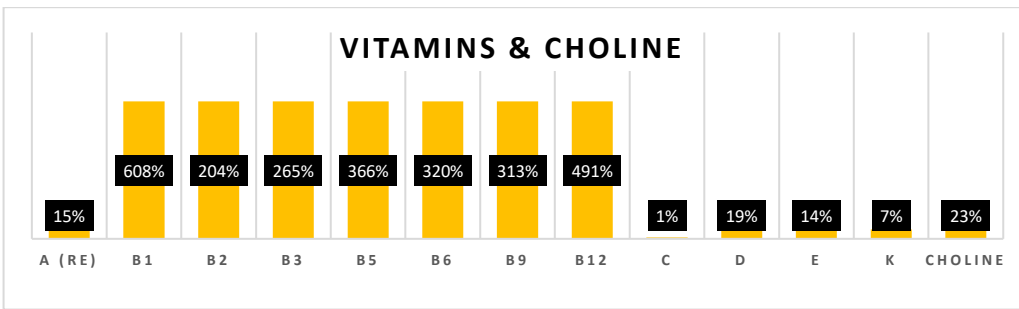
AREPAS AS IT IS

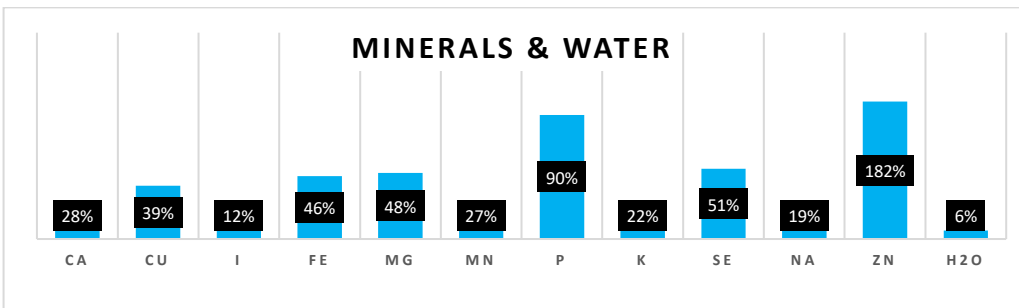
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 14:1



495kcal	93g	13g	19g	7.2g	0.95g	1.67g	3.33g	3.11g	0.22g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



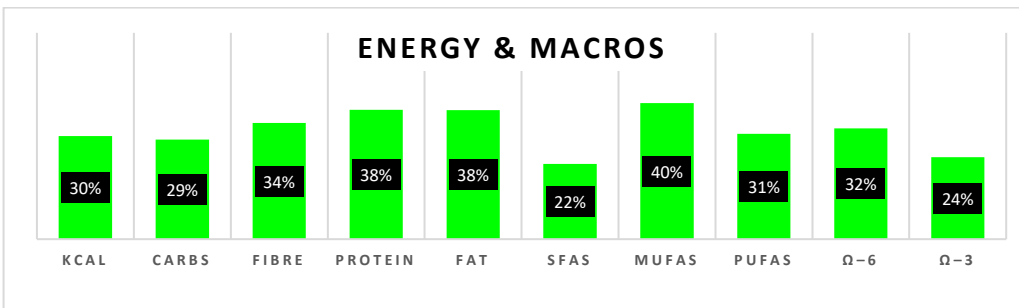


MEAL SUGGESTION

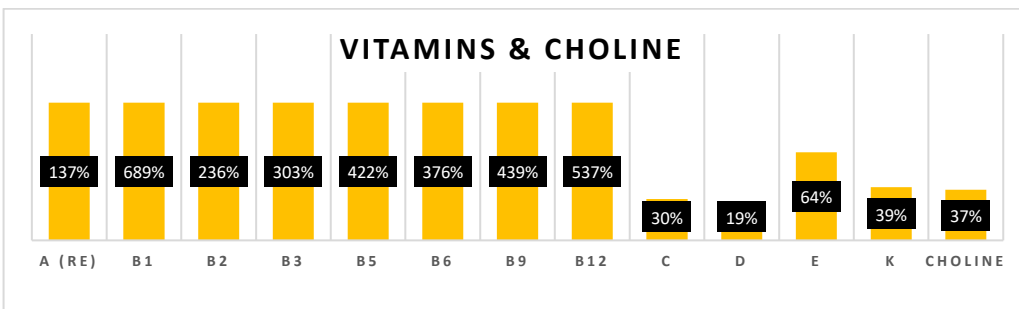
Arepas, Avocado, Chickpea Tuna *(see recipe)*
Grated carrot, Ground Linseed
Glass of Water

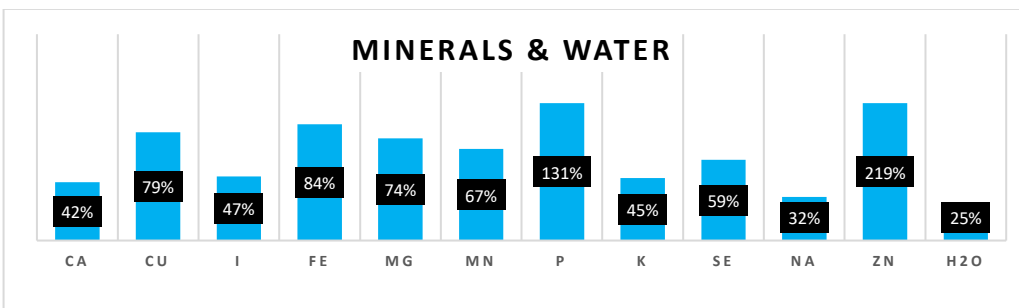
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



749kcal	130g	25g	29g	16.2g	2.07g	5.79g	5.8g	4.89g	0.9g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

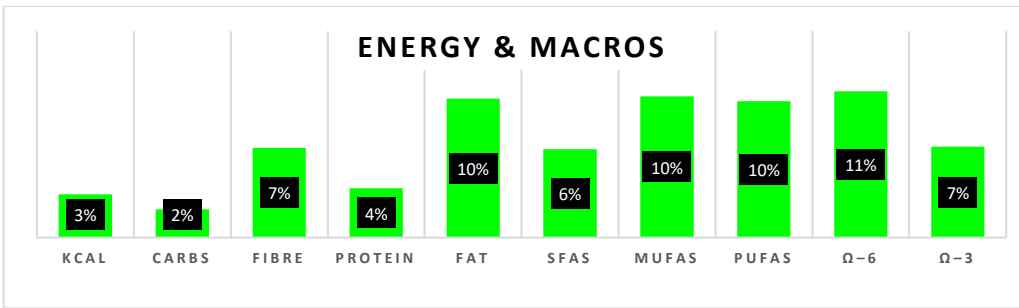




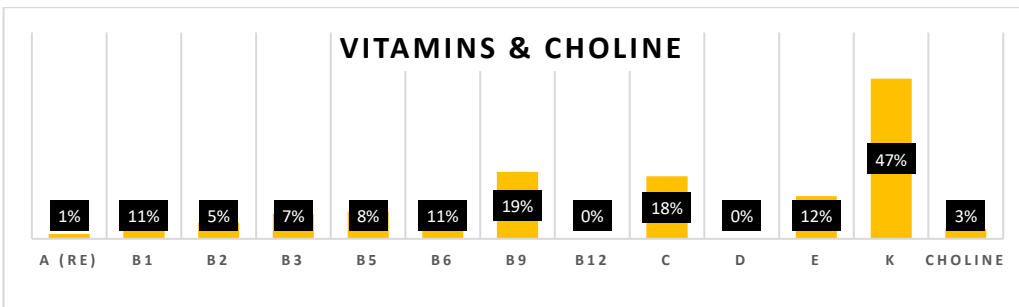
AUBERGINE DIP AS IT IS

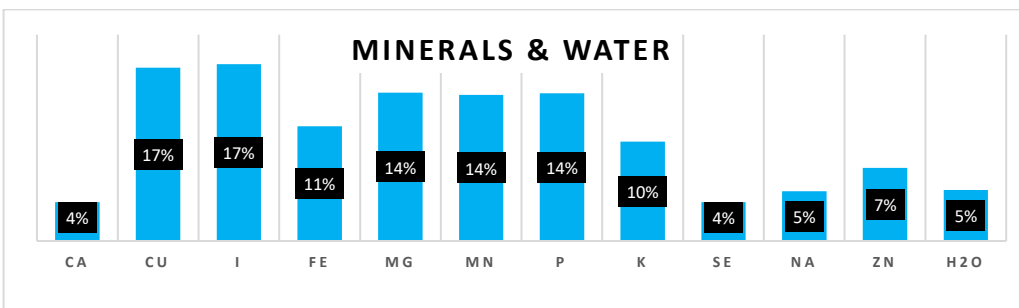
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



79kcal	9g	5g	3g	4.3g	0.61g	1.5g	1.88g	1.61g	0.25g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

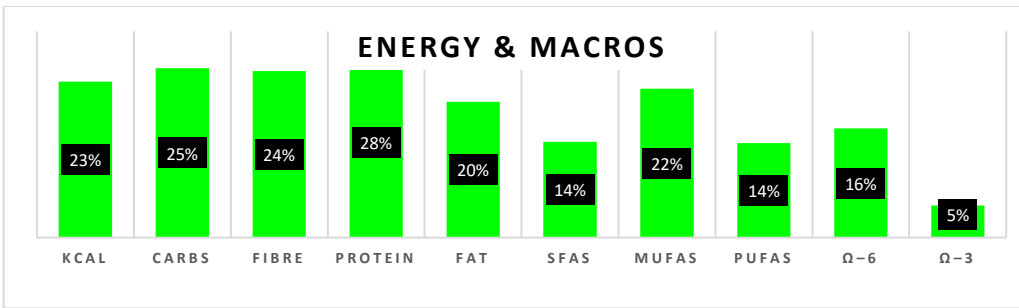




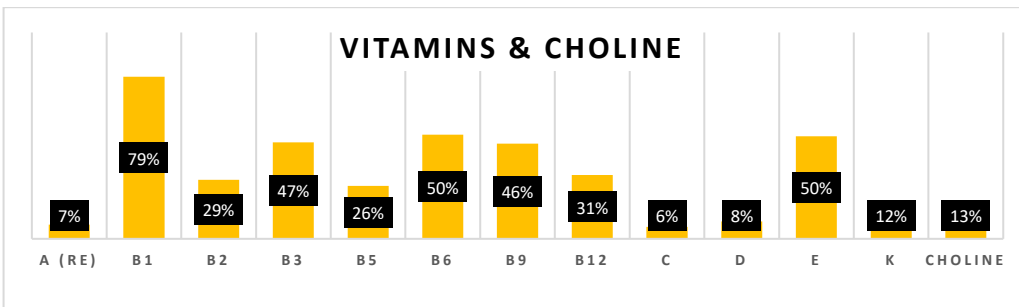
AVA CHAPATI
AS IT IS

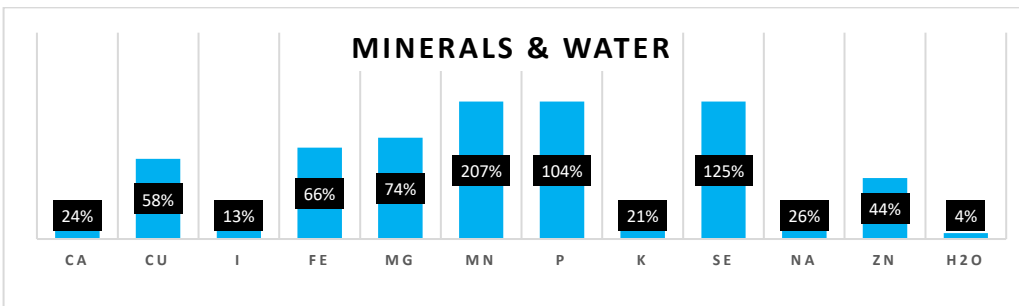
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 13:1



567kcal	111g	18g	22g	8.5g	1.32g	3.17g	2.6g	2.41g	0.18g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



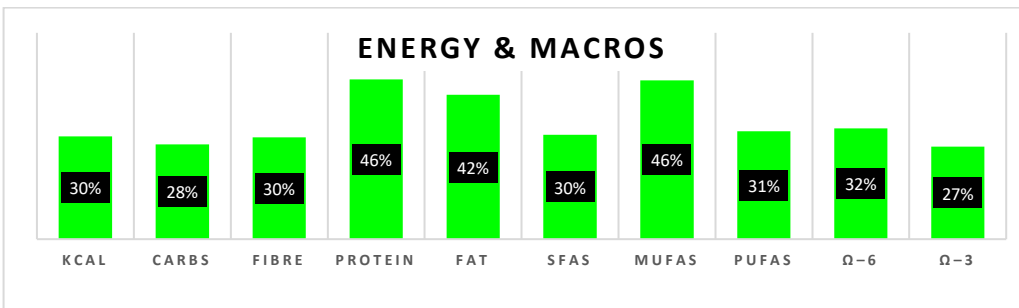


MEAL SUGGESTION

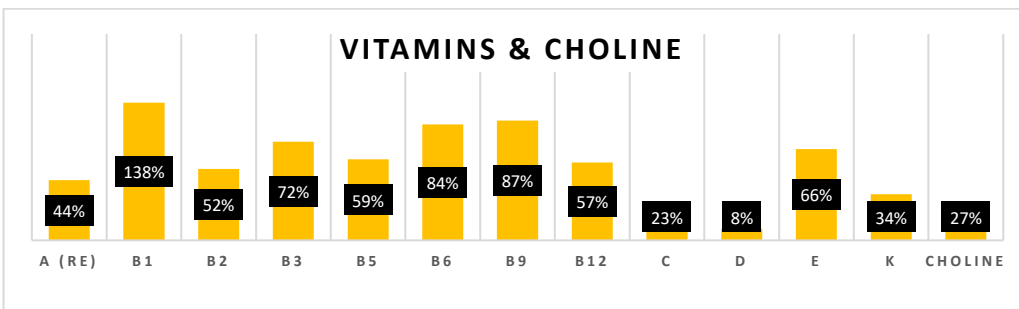
Ava Chapati, Lettuce, Grated Carrot, Ground Linseed
Scrambled Tofu or Basil Marinated Tofu or Chinese Tofu
Glass of Water

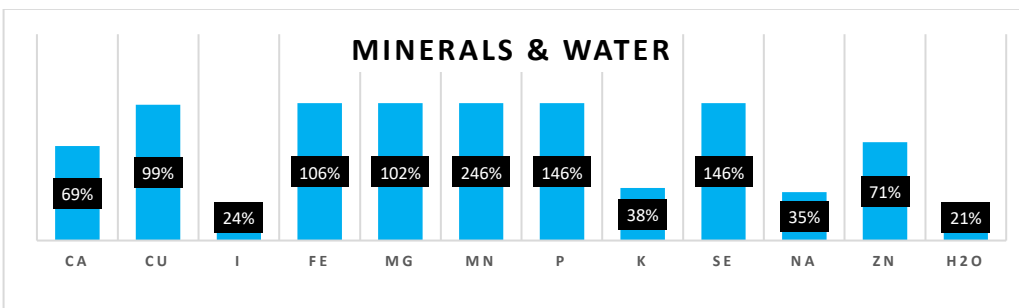
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



747kcal	124g	22g	36g	18.1g	2.87g	6.76g	5.94g	4.88g	1.02g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

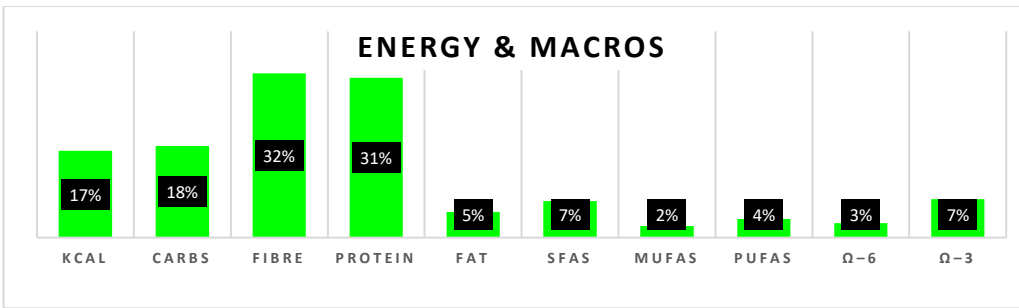




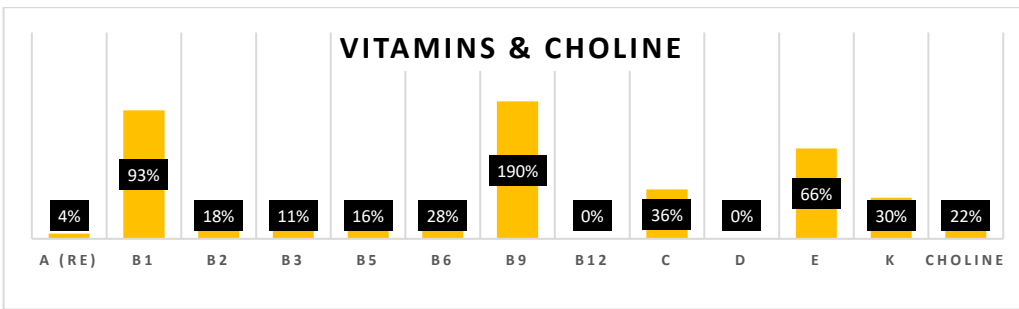
BANGING BLACK BEAN STEW AS IT IS

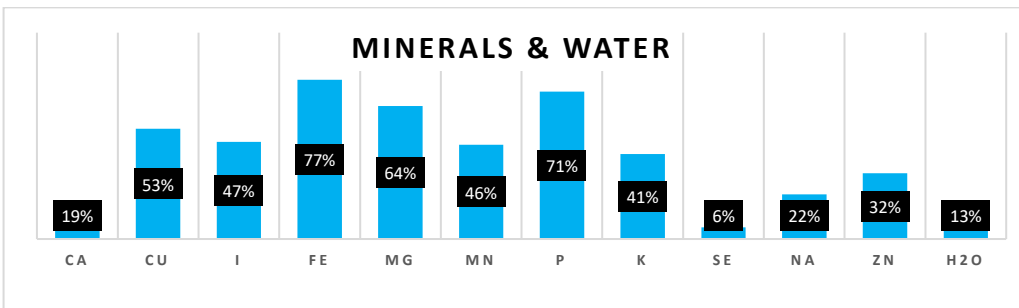
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 2:1



420kcal	80g	24g	24g	2.1g	0.67g	0.33g	0.68g	0.43g	0.28g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



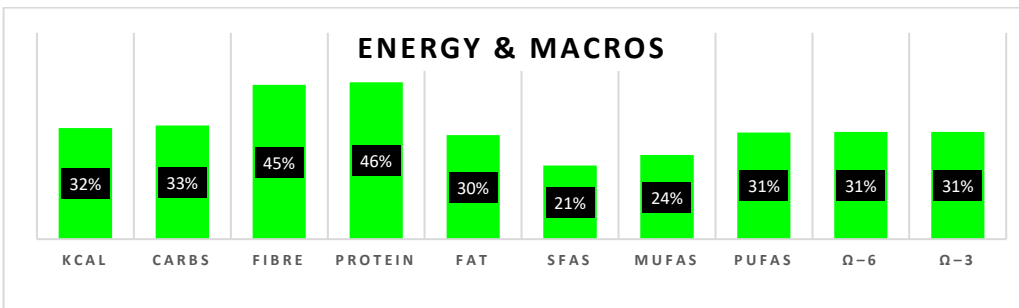


MEAL SUGGESTION

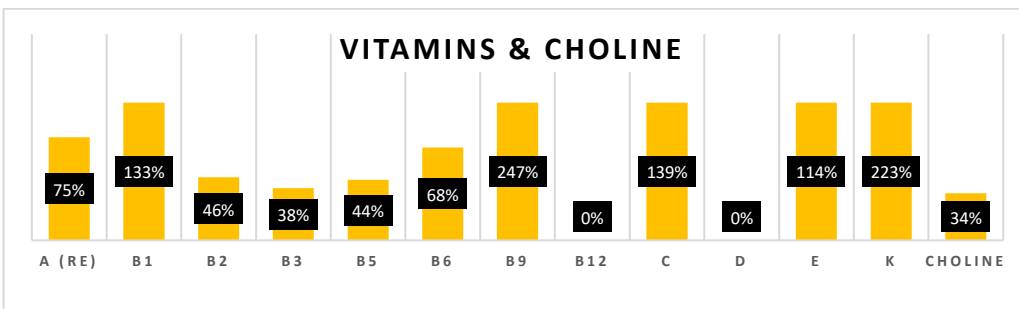
Banging Black Bean Stew, Brown Rice or Buckwheat or Quinoa
Steamed Kale, Carrots or Sweet Potato, Walnuts, Avocado
Glass of Water

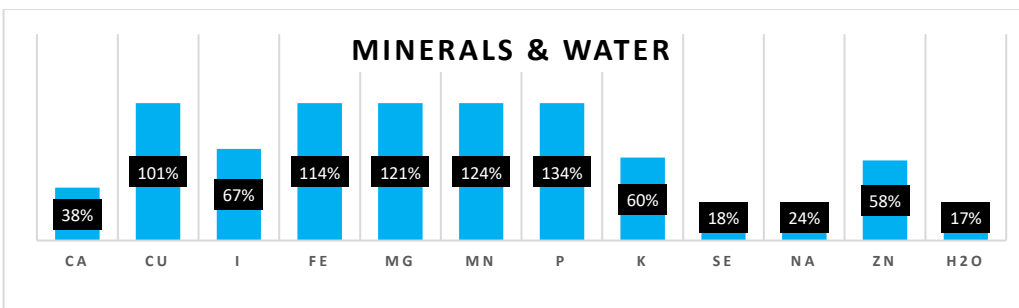
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



808kcal	149g	34g	36g	13g	2.03g	3.58g	5.88g	4.72g	1.18g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

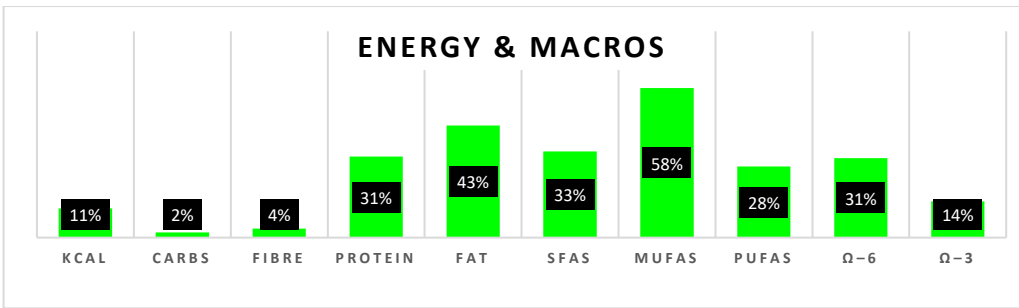




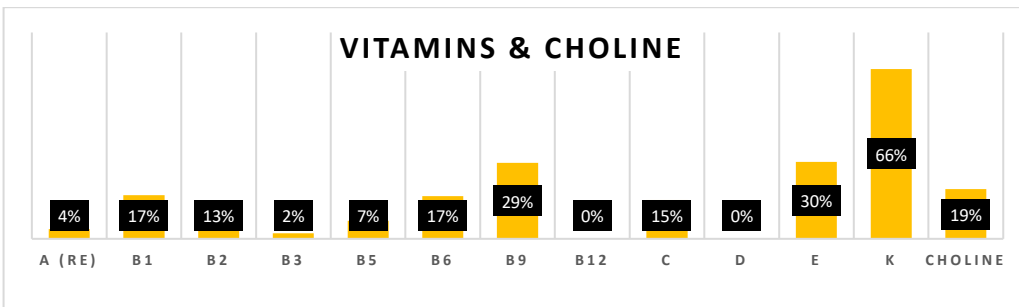
BASIL MARINATED TOFU AS IT IS

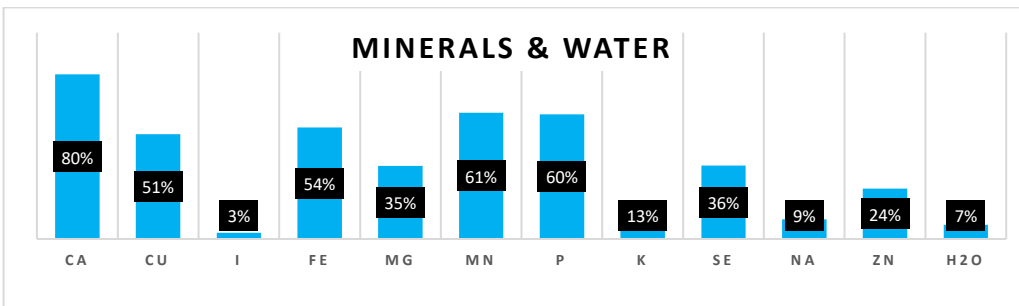
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 9:1



282kcal	9g	3g	25g	18.7g	3.17g	8.48g	5.22g	4.67g	0.53g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



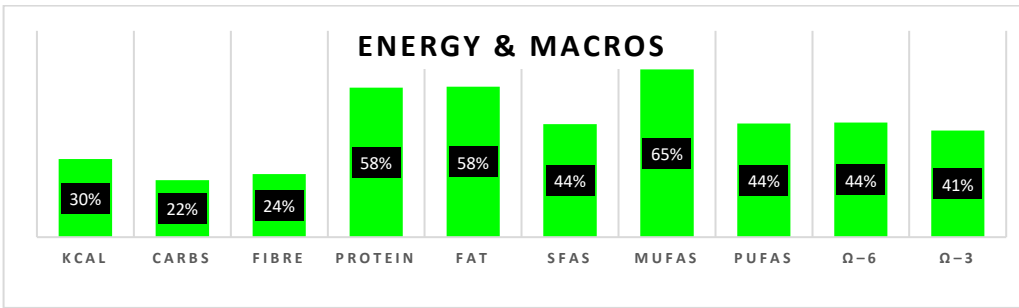


MEAL SUGGESTION

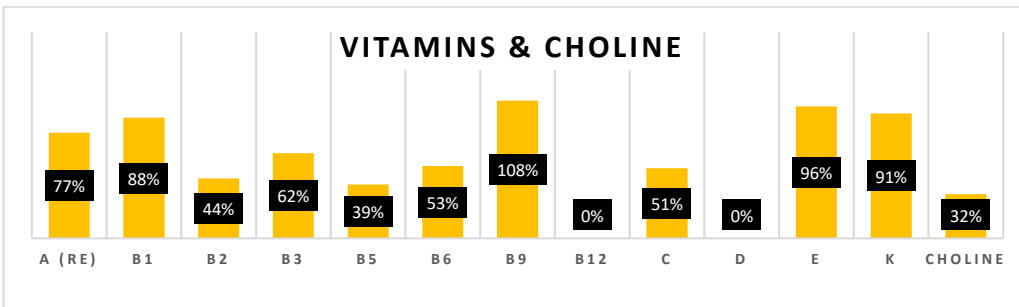
Basil Marinated Tofu, Wholegrain Pasta or Bread
Grated Carrot, Beetroot & Sundried Tomato Salad
Lime Juice, Ground Linseed, Glass of Water

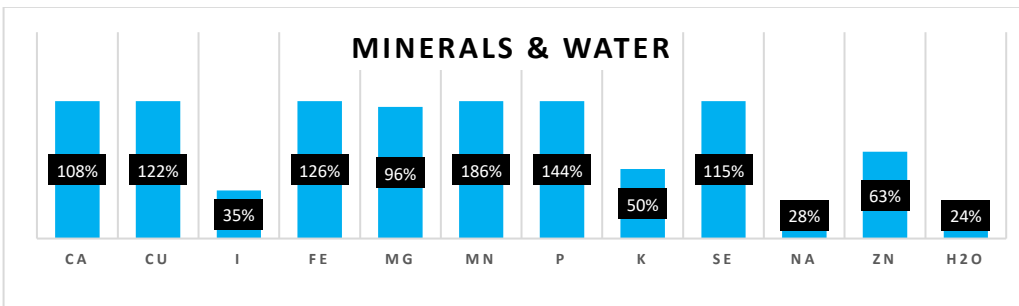
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



757kcal	100g	18g	45g	25.1g	4.16g	9.51g	8.35g	6.73g	1.57g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



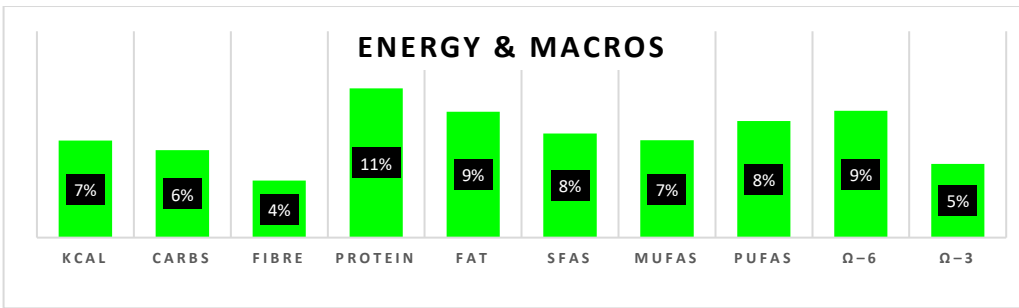


BASIL MINT ICE CREAM

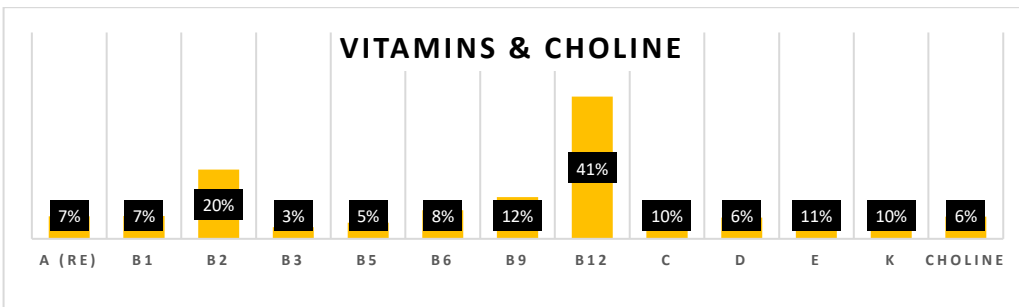
AS IT IS

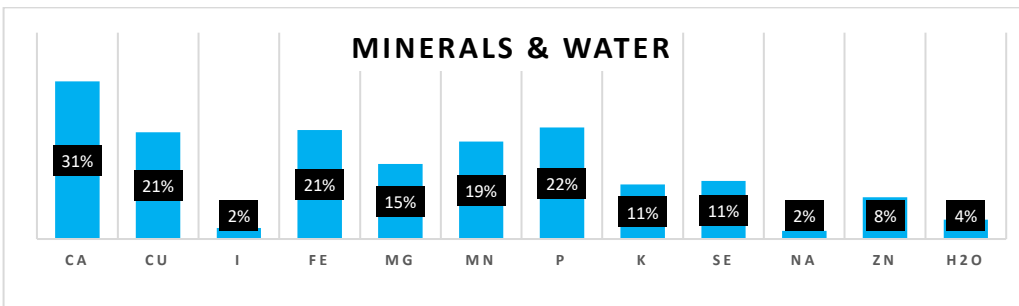
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



177kcal	29g	3g	8g	3.9g	0.72g	1.03g	1.6g	1.4g	0.2g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

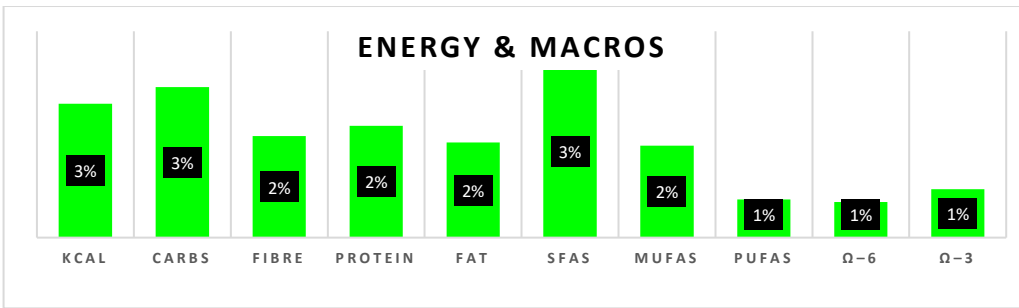




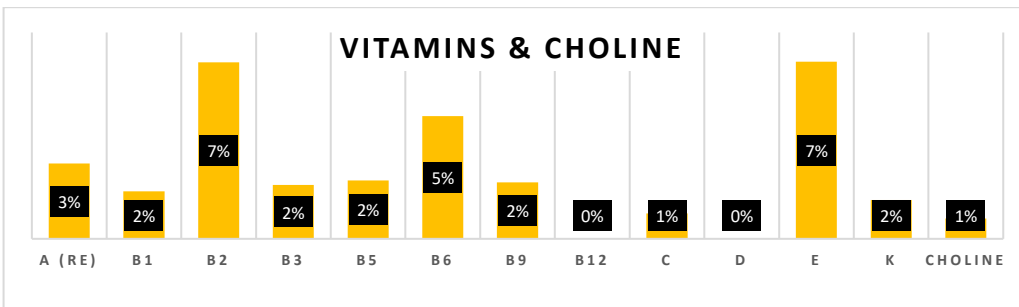
BBQ SAUCE
AS IT IS

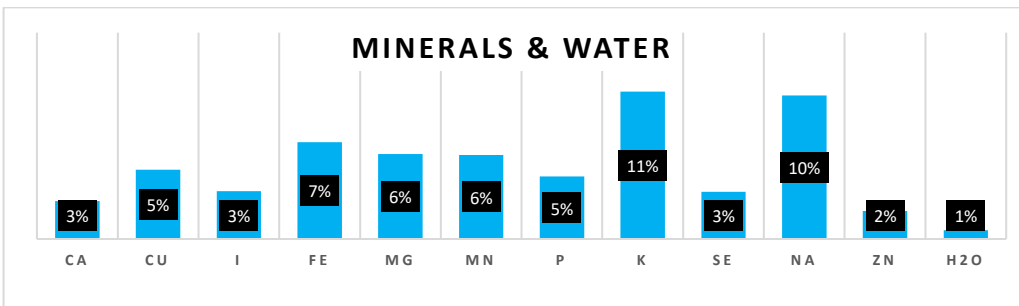
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



65kcal	13g	1g	2g	0.8g	0.32g	0.26g	0.14g	0.1g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

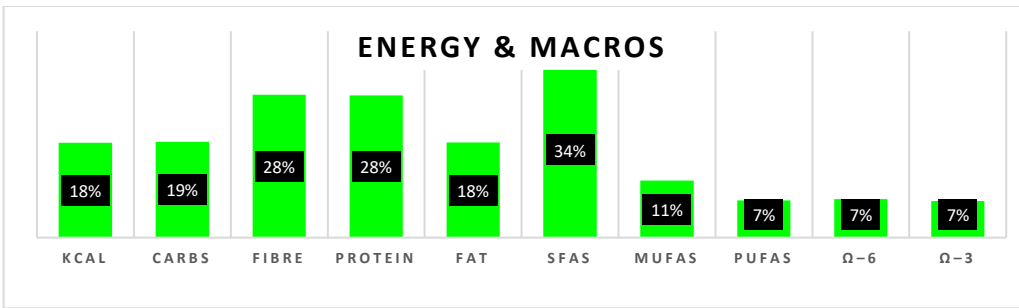




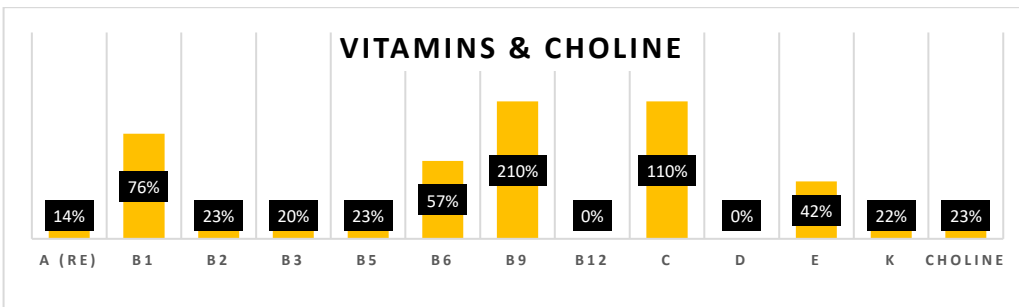
BEETROOT & RED LENTIL CURRY AS IT IS

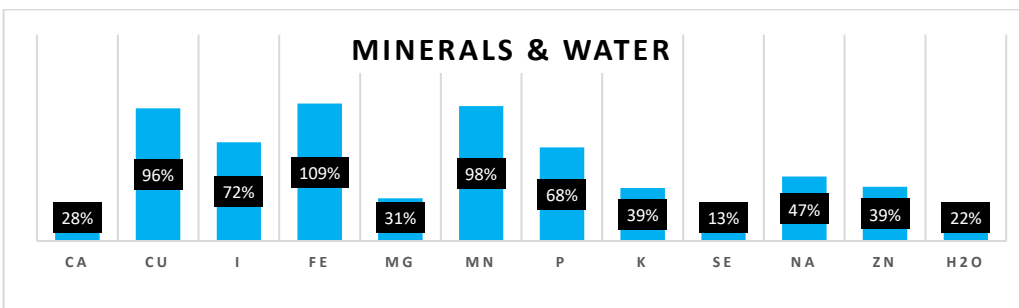
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



460kcal	84g	21g	22g	7.9g	3.22g	1.62g	1.37g	1.13g	0.27g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



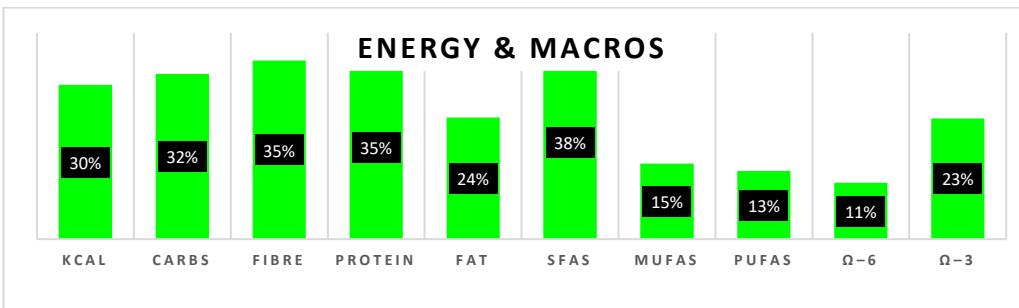


MEAL SUGGESTION

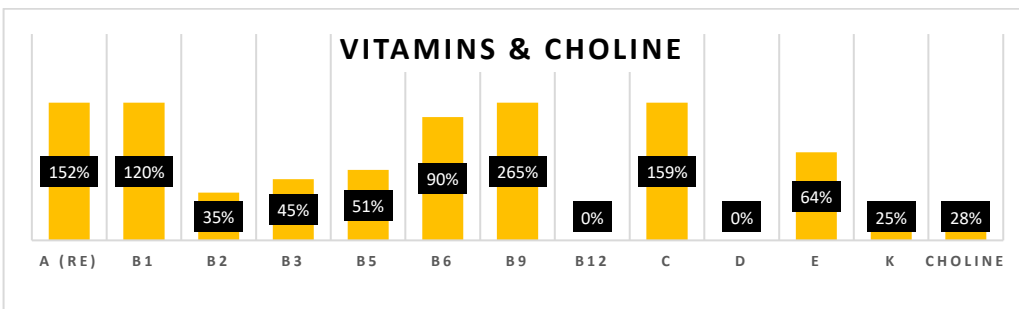
Beetroot & Red Lentil Curry, Brown or White Rice
Sweet Potato, Ground Linseed
Glass of Water

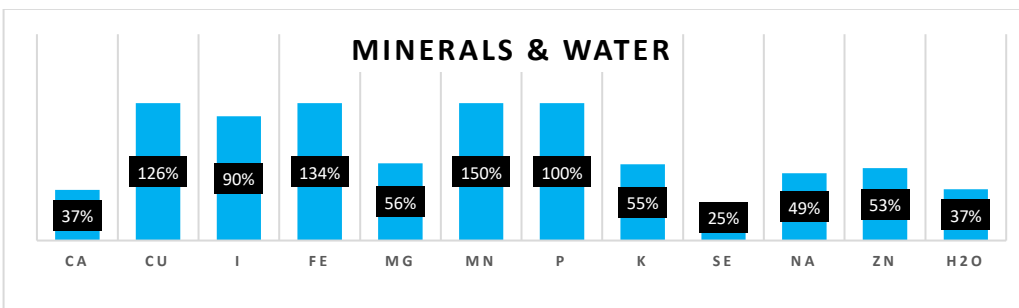
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 2:1



747kcal	144g	26g	28g	10.2g	3.56g	2.14g	2.5g	1.65g	0.89g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



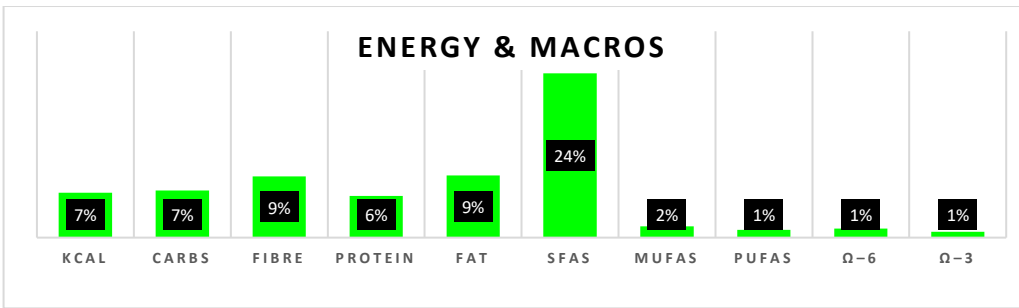


BEETROOT SOUP

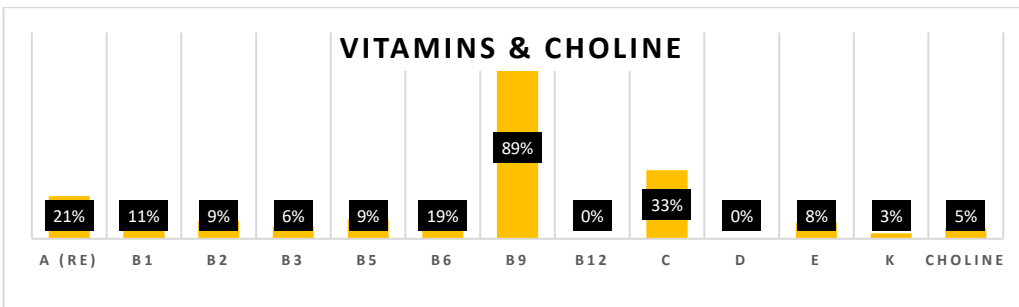
AS IT IS

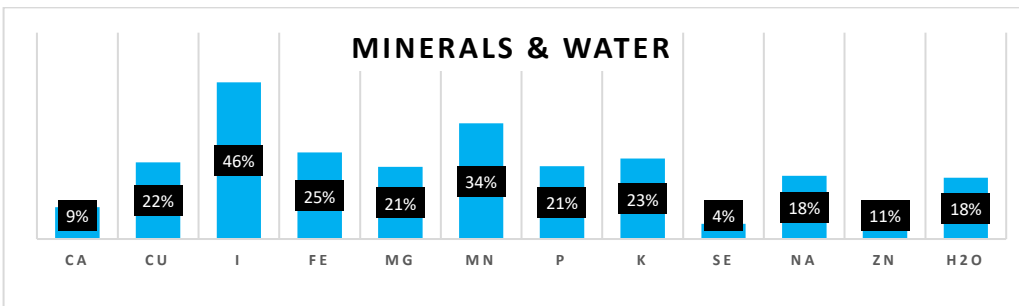
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



163kcal	31g	7g	5g	3.9g	2.26g	0.24g	0.21g	0.2g	0.03g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



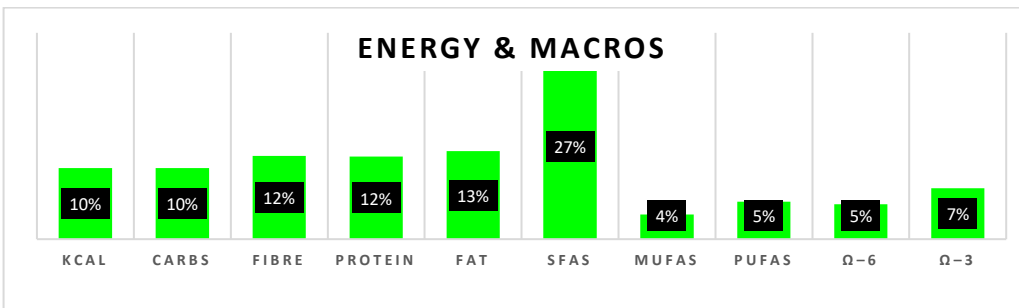


SNACK SUGGESTION

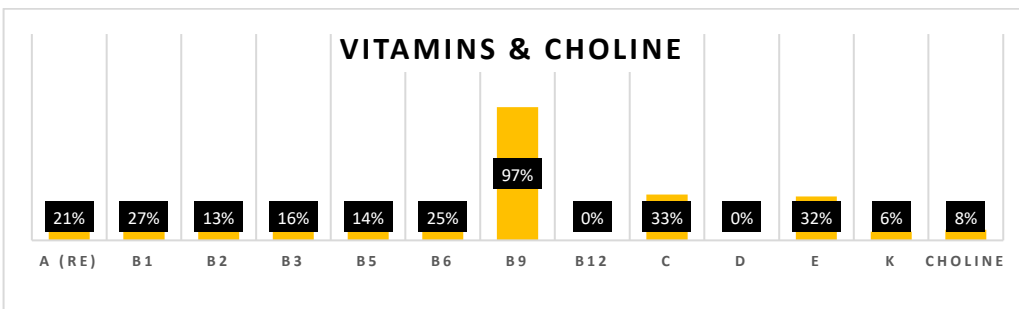
Beetroot Soup
Wholegrain Bread
Ground Linseed

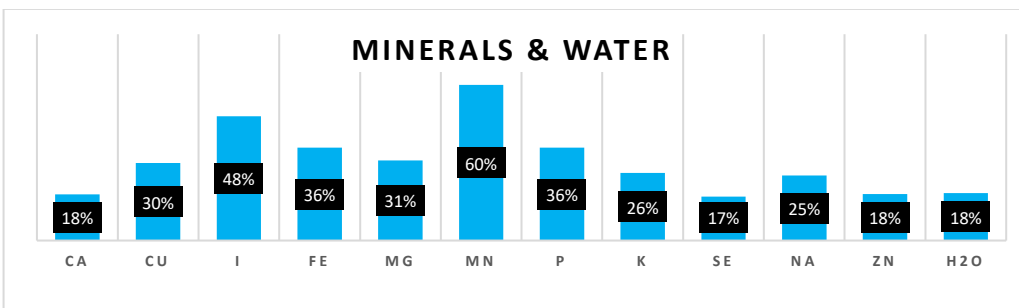
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



258kcal	46g	9g	9g	5.5g	2.55g	0.53g	1.03g	0.77g	0.28g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

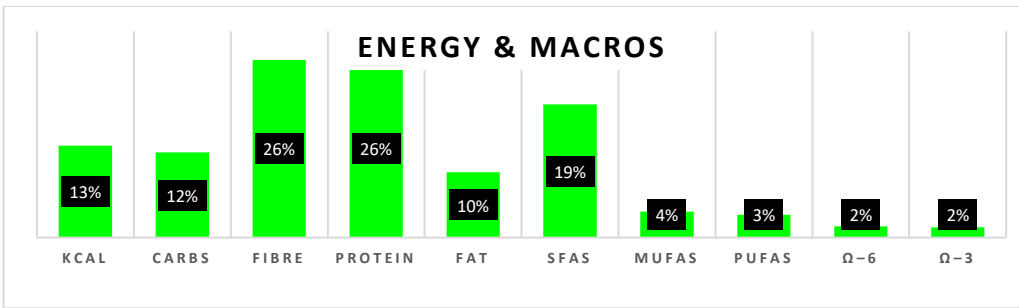




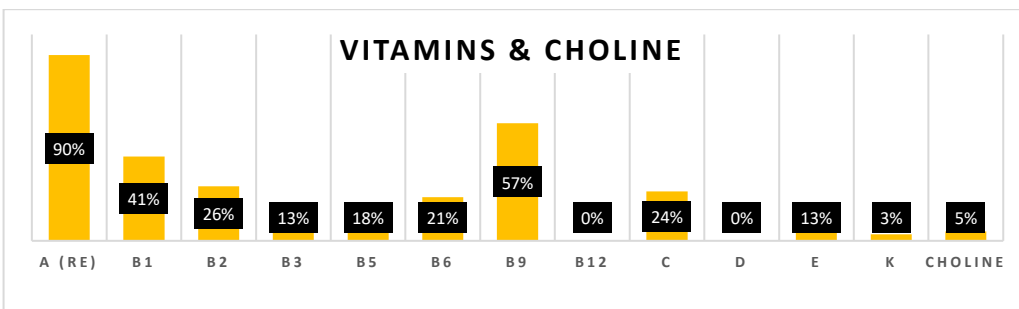
BELUGA LENTIL DAL AS IT IS

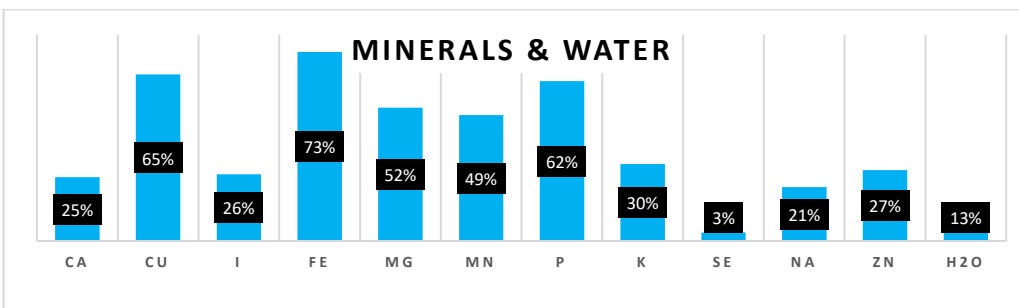
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



334kcal	56g	19g	20g	4.1g	1.83g	0.56g	0.62g	0.25g	0.06g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



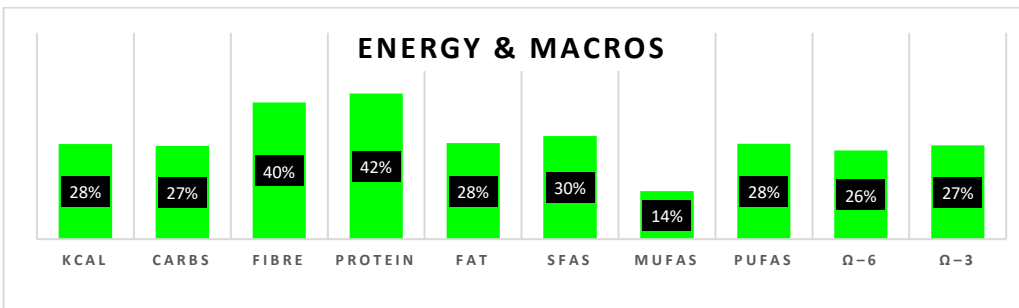


MEAL SUGGESTION

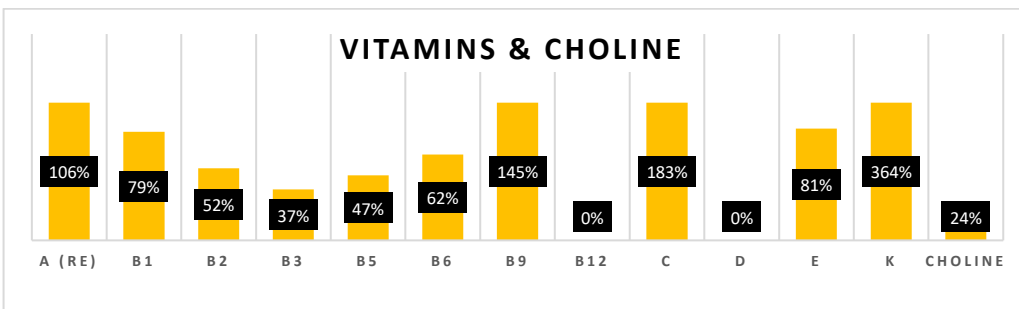
Beluga Lentil Dal, Brown Rice or Buckwheat or Quinoa
Steamed Cauliflower, Broccoli, Kale
Walnuts, Glass of Water

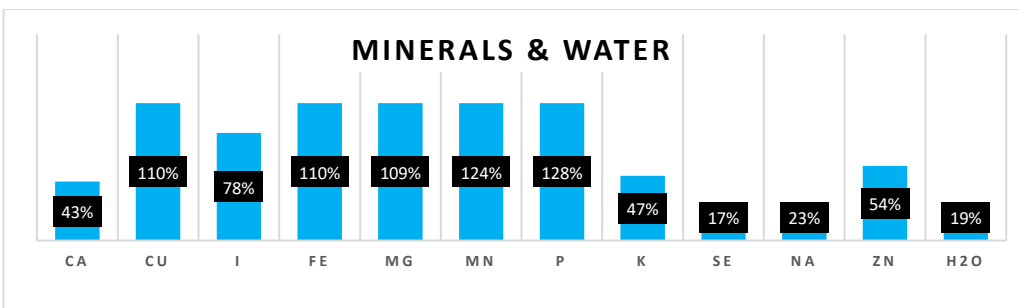
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



691kcal	122g	30g	33g	12g	2.84g	2.05g	5.26g	3.91g	1.03g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



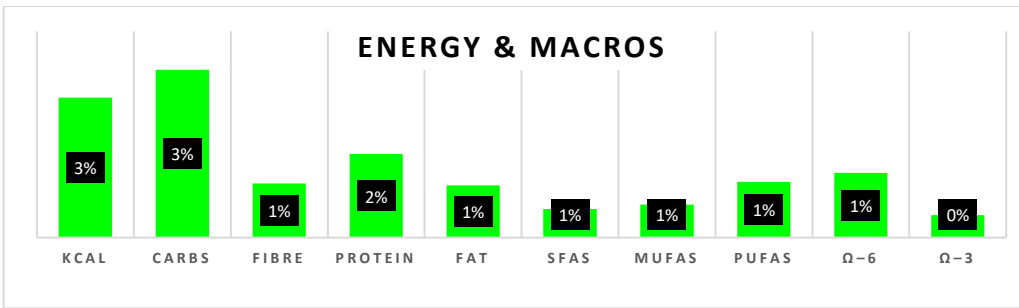


BISCUITS - GINGER

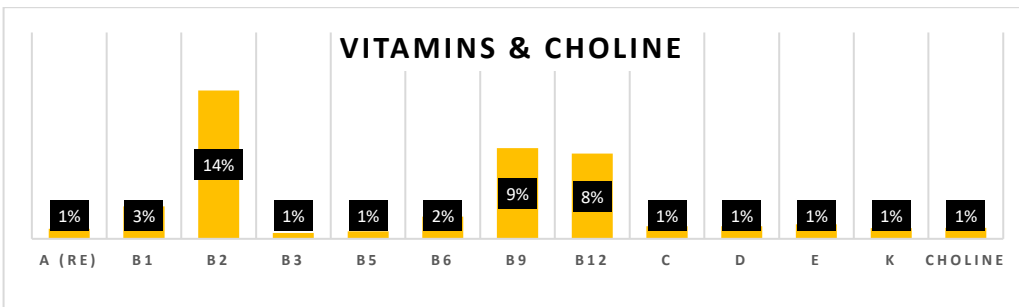
AS IT IS

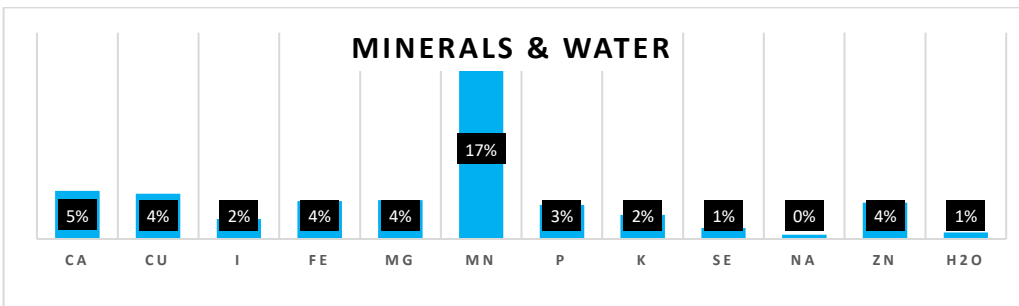
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 10:1



68kcal	15g	1g	1g	0.4g	0.05g	0.09g	0.21g	0.19g	0.02g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



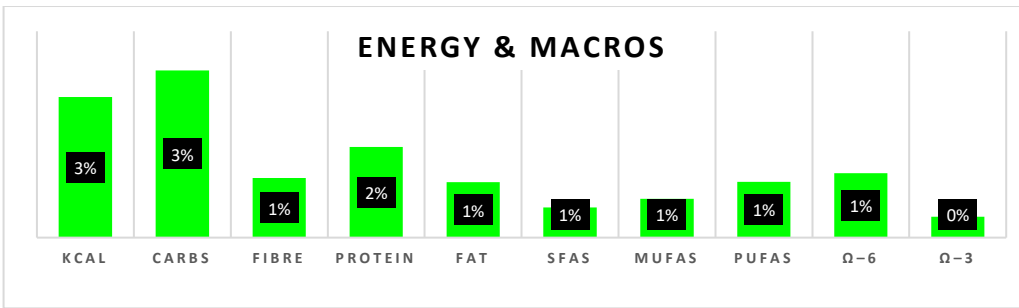


BISCUITS - TURKISH DELIGHT

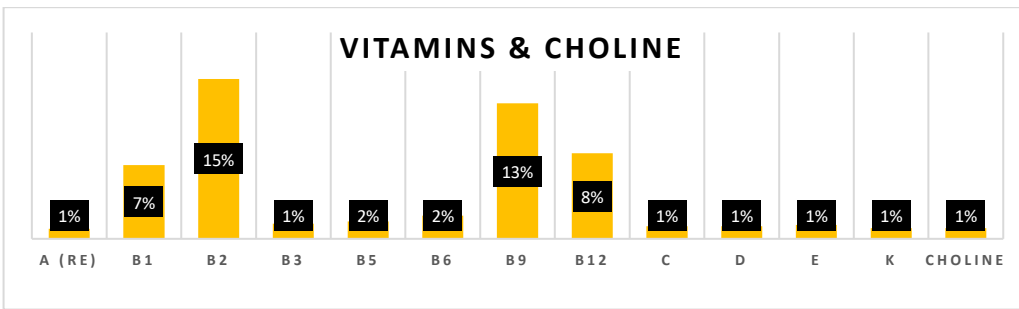
AS IT IS

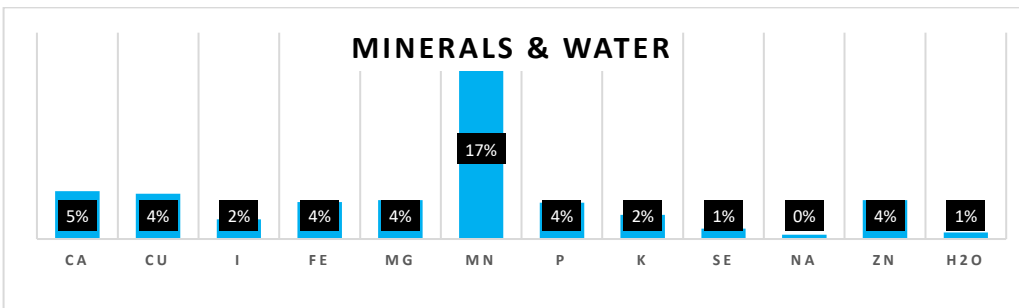
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 9:1



68kcal	15g	1g	1g	0.5g	0.06g	0.11g	0.2g	0.19g	0.02g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

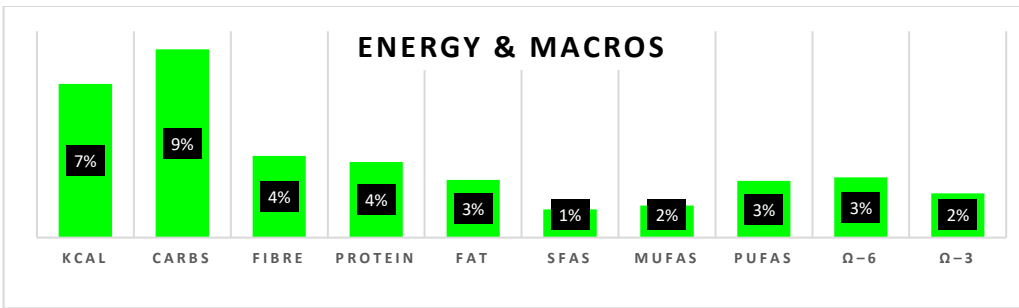




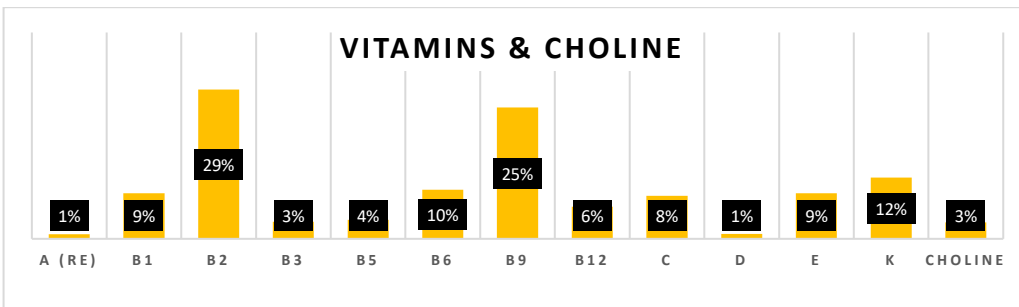
BLUEBERRY MUFFINS AS IT IS

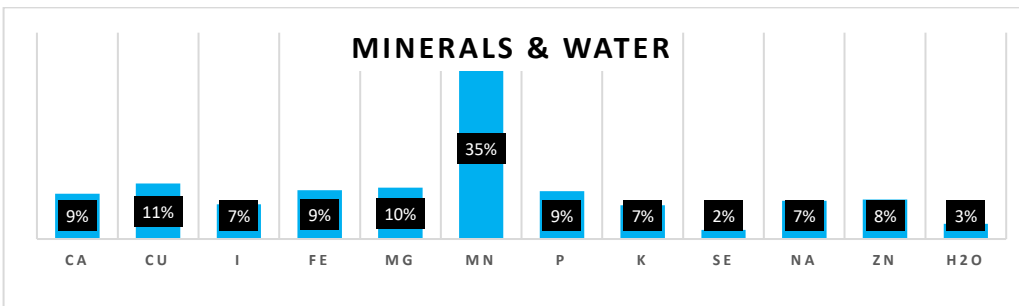
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



186kcal	41g	3g	3g	1.2g	0.13g	0.23g	0.52g	0.44g	0.08g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

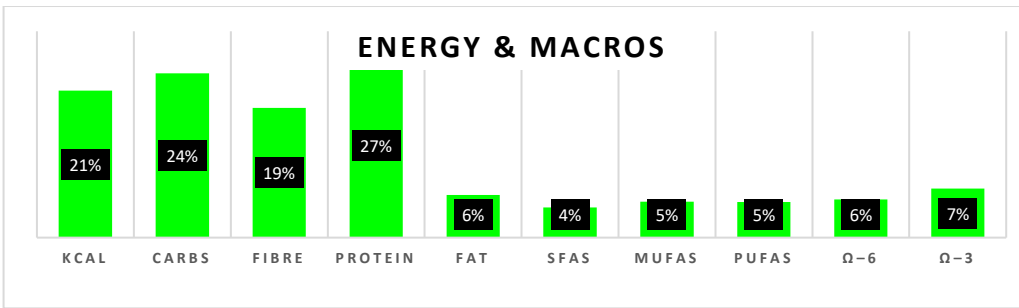




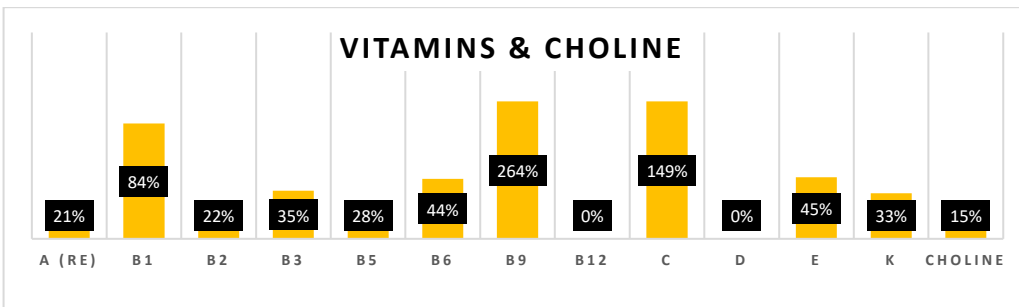
BOLIVIAN STYLE RISOTTO AS IT IS

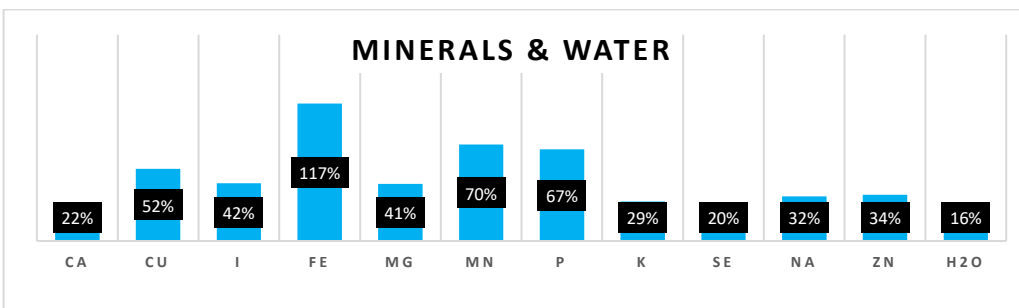
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



534kcal	108g	14g	21g	2.7g	0.42g	0.76g	0.98g	0.84g	0.27g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



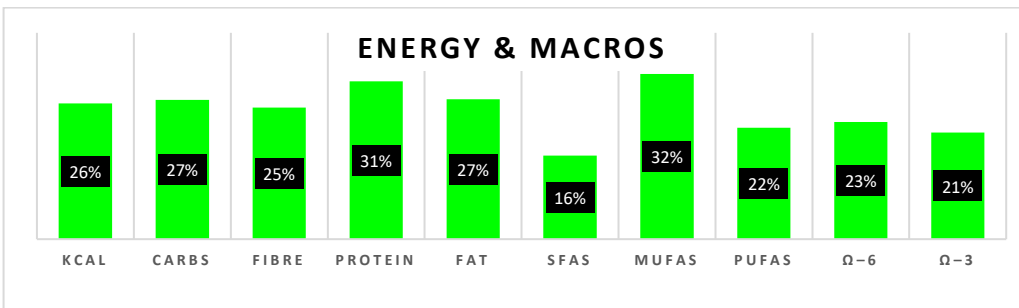


MEAL SUGGESTION

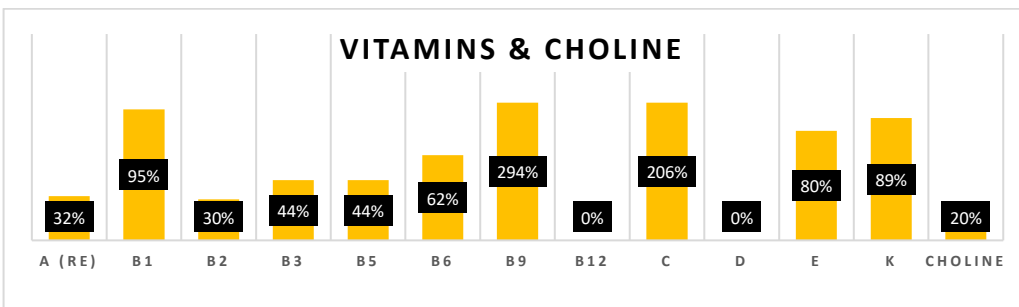
Bolivian Risotto, Tomato, Cucumber, Spring Onion
Avocado, and Walnut Salad
Glass of water

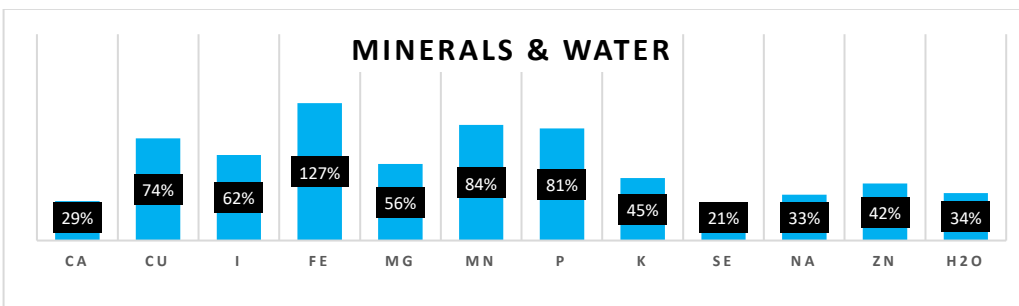
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



658kcal	121g	19g	24g	11.7g	1.54g	4.69g	4.09g	3.45g	0.78g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

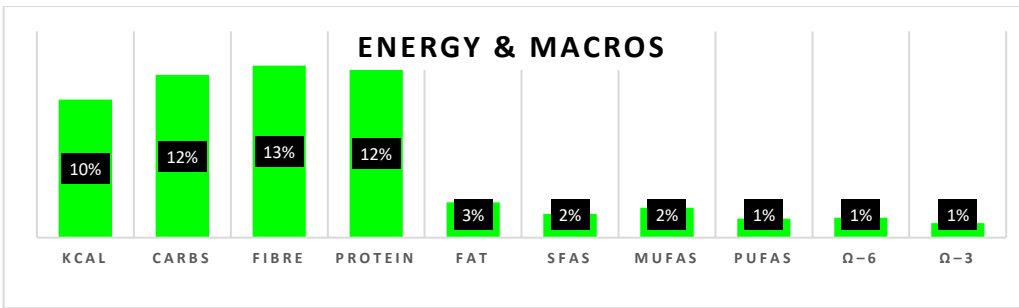




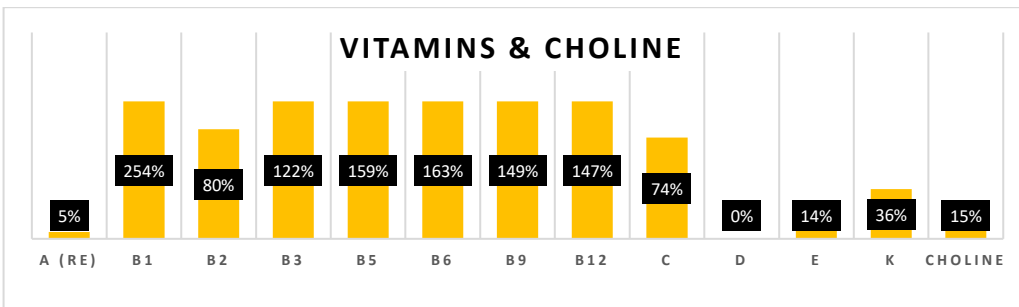
BOMBAY POTATOES
AS IT IS

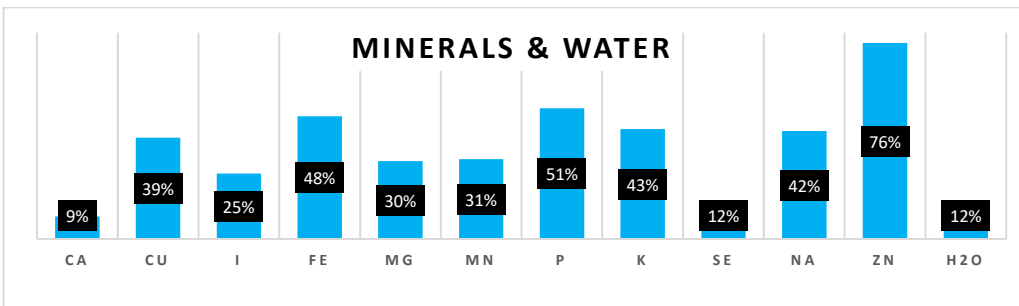
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



251kcal	53g	9g	10g	1.1g	0.16g	0.32g	0.26g	0.22g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



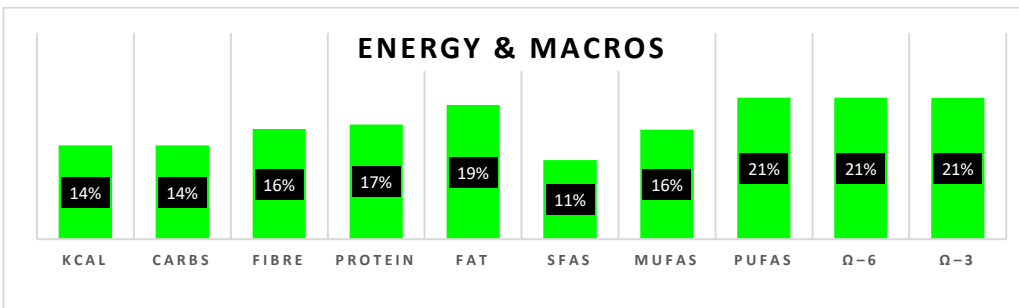


SNACK SUGGESTION

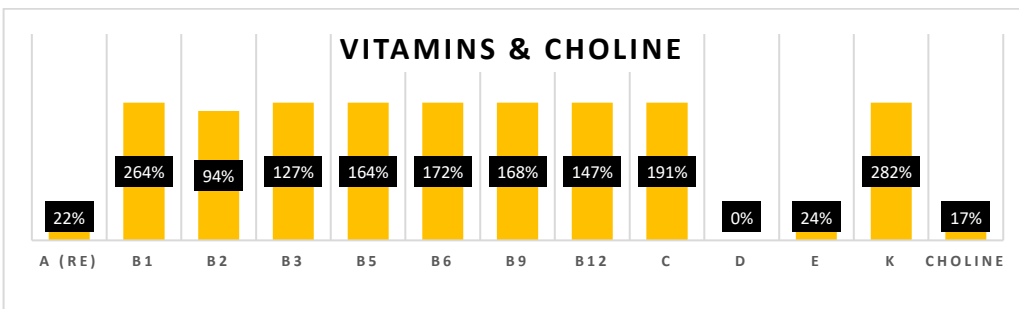
Bombay Potatoes
Sweated Kale with Cashew Nuts & Walnuts
Glass of Water

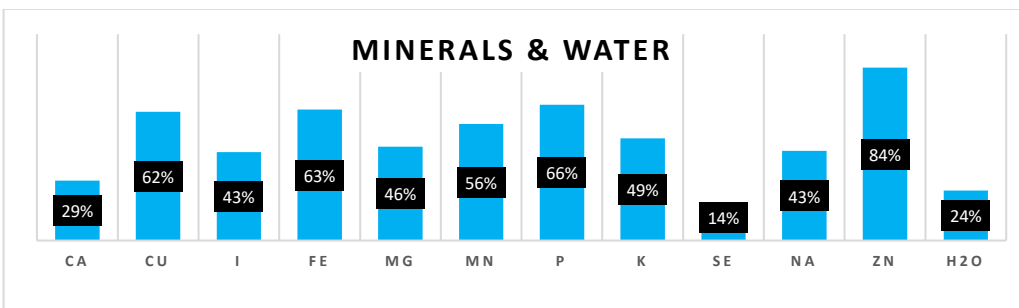
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



341kcal	61g	12g	13g	8.4g	1.09g	2.33g	3.9g	3.12g	0.78g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

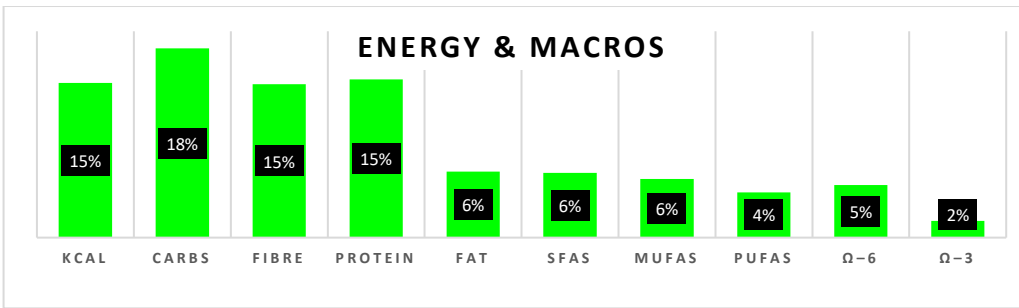




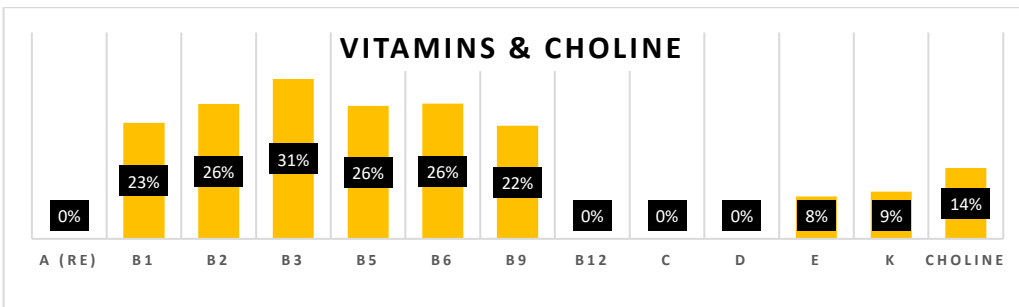
BUCKWHEAT PORRIDGE AS IT IS

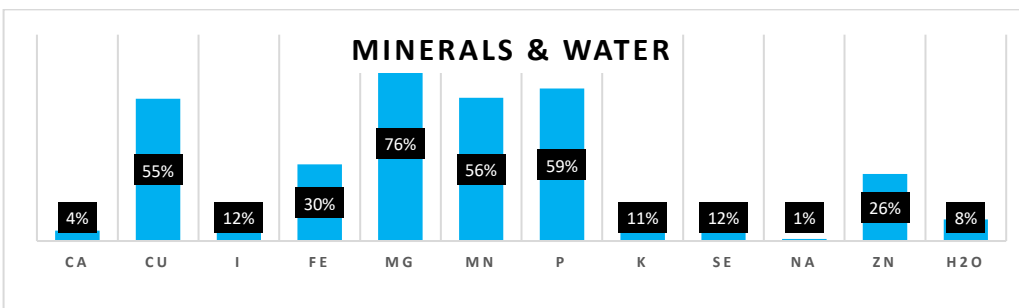
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 13:1



374kcal	83g	11g	12g	2.8g	0.59g	0.83g	0.83g	0.77g	0.06g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



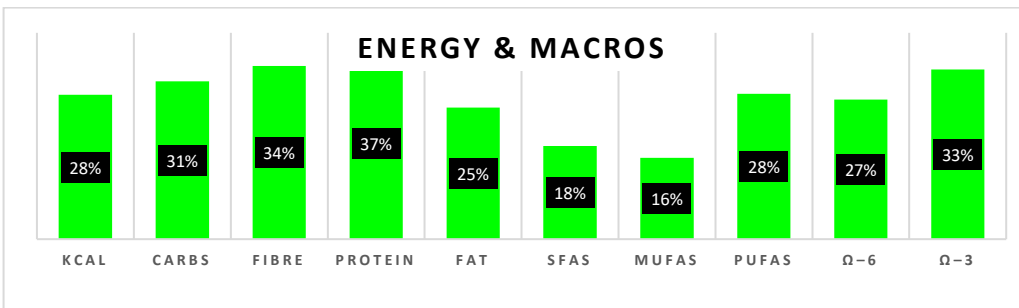


MEAL SUGGESTION

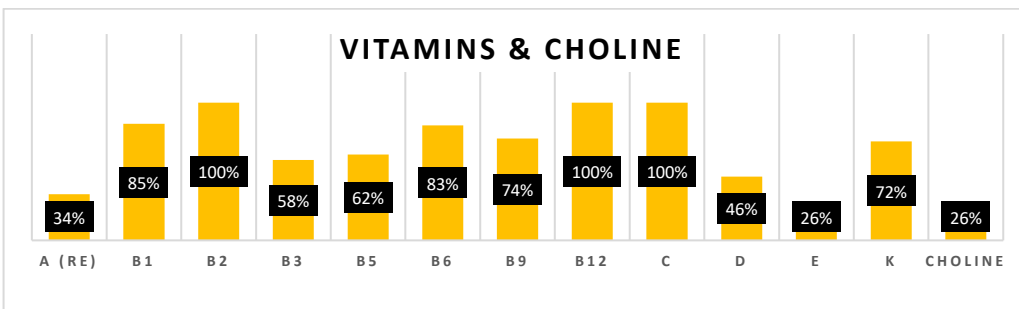
Buckwheat Porridge, Plant-based Milk Alternative *(we use Soya)*
Apple or Banana, Blueberries, Dried Mulberries, Chia Seeds,
Ceylon Cinnamon or Carob Powder, Pinch of Nutritional yeast

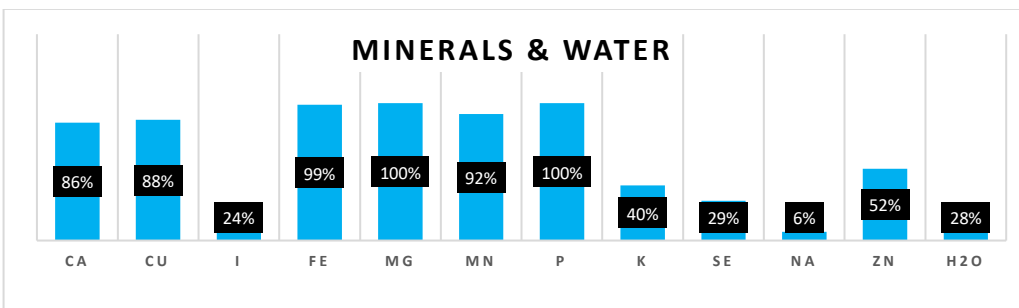
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



700kcal	138g	25g	29g	11g	1.71g	2.31g	5.34g	4.1g	1.25g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



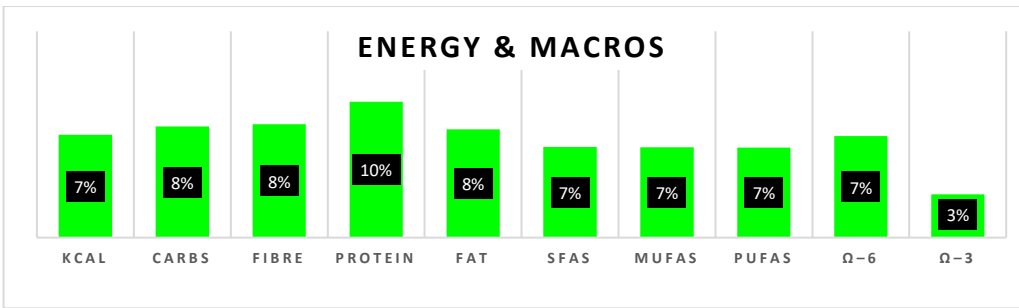


CAROB ICE-CREAM

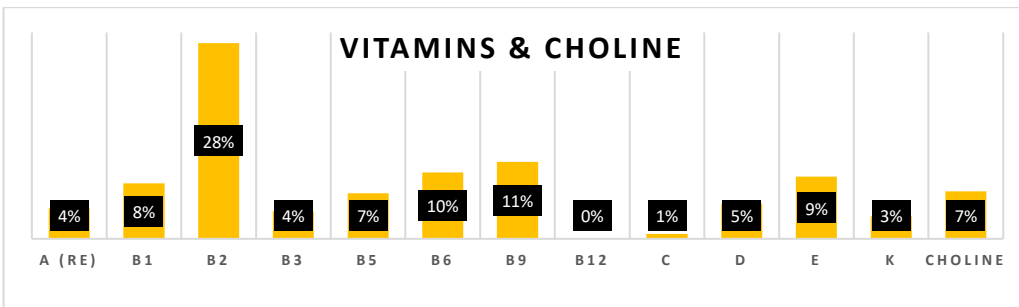
AS IT IS

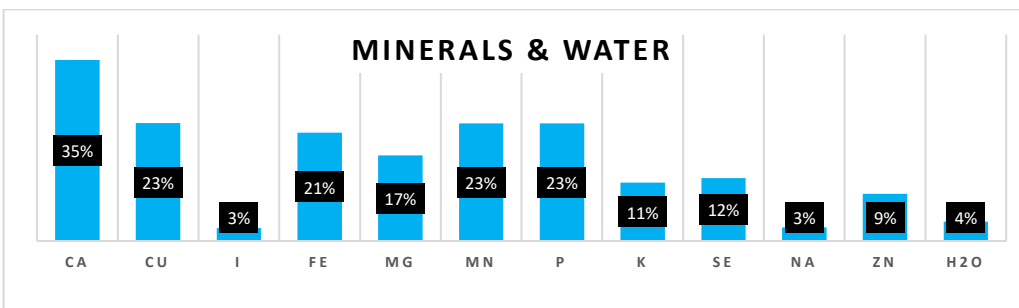
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 9:1



187kcal	36g	6g	8g	3.4g	0.62g	0.96g	1.24g	1.12g	0.12g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

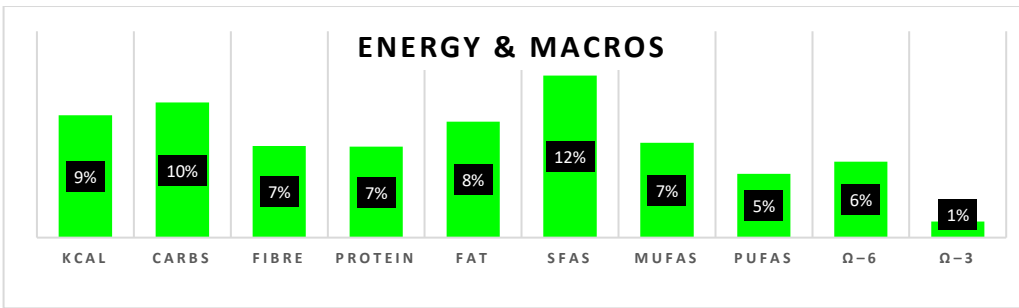




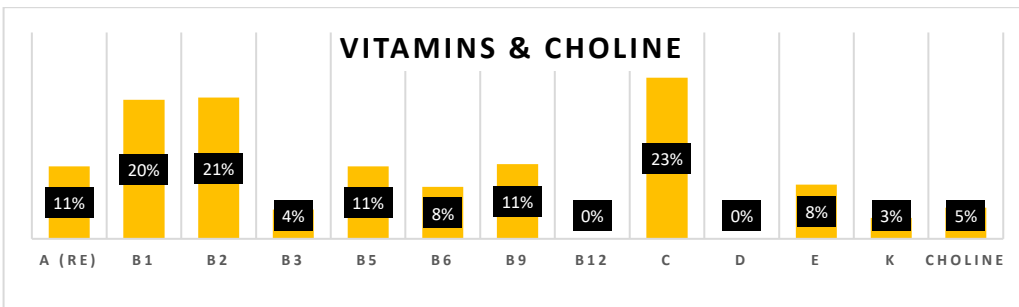
CARROT & ORANGE FLAPJACK AS IT IS

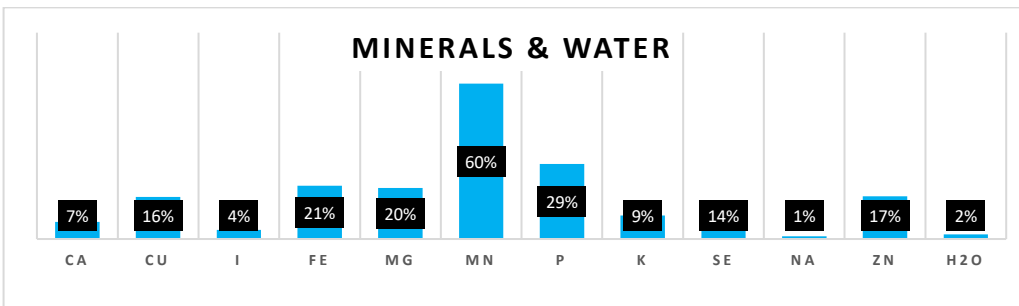
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 20:1



223kcal	44g	5g	5g	3.6g	1.12g	1.01g	0.88g	0.84g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

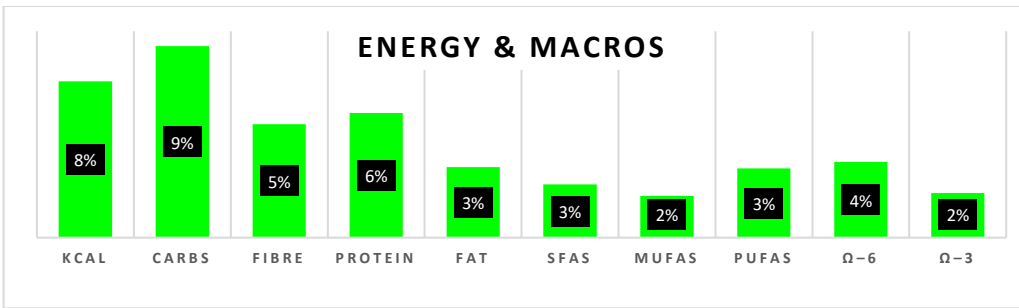




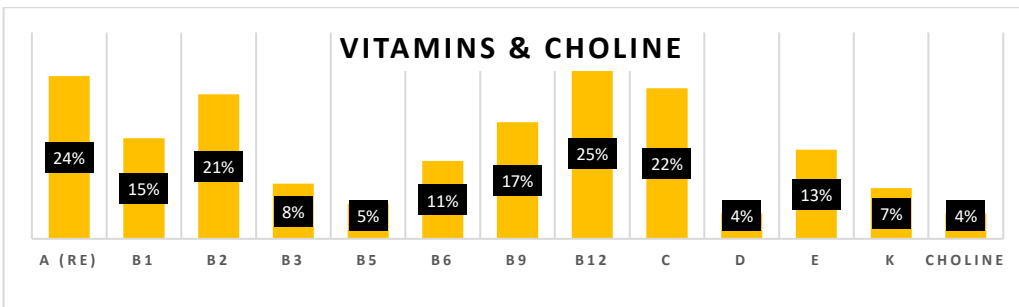
CARROT CAKE AS IT IS

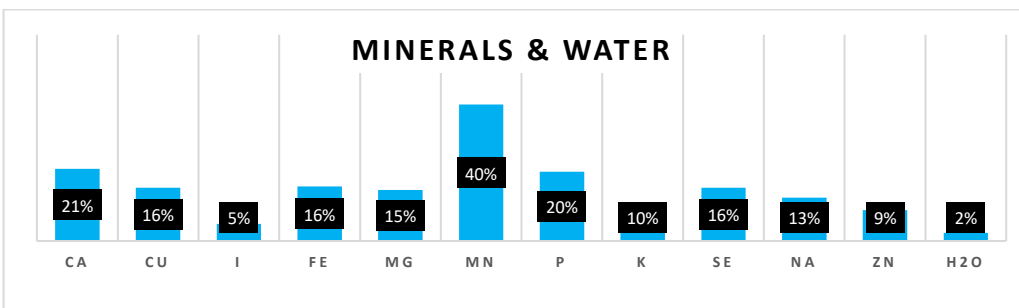
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



189kcal	42g	4g	5g	1.5g	0.24g	0.29g	0.64g	0.55g	0.08g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

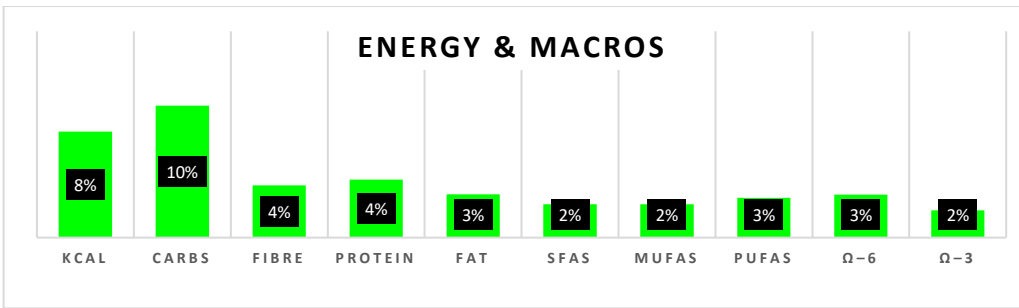




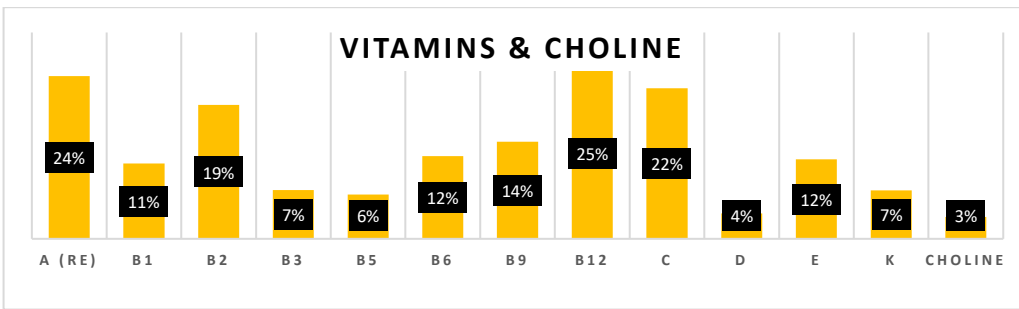
CARROT CAKE - GLUTEN FREE AS IT IS

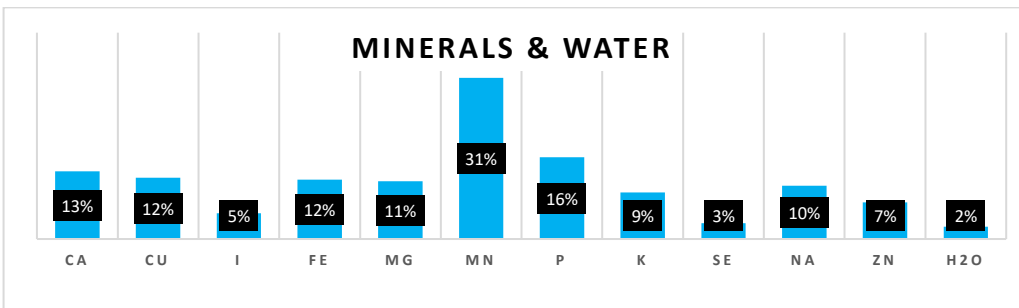
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



193kcal	43g	3g	3g	1.4g	0.23g	0.35g	0.55g	0.47g	0.08g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

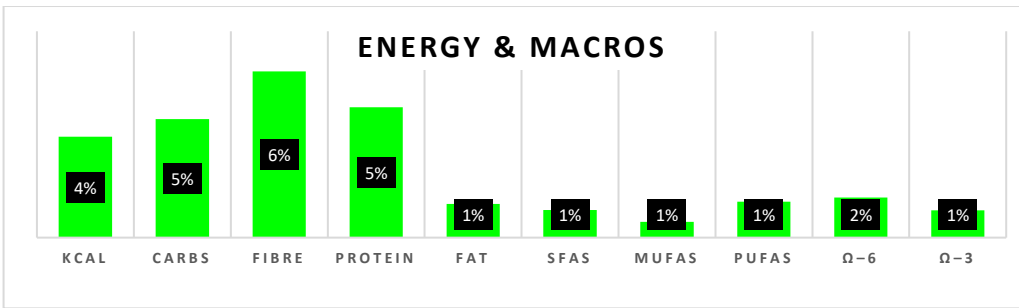




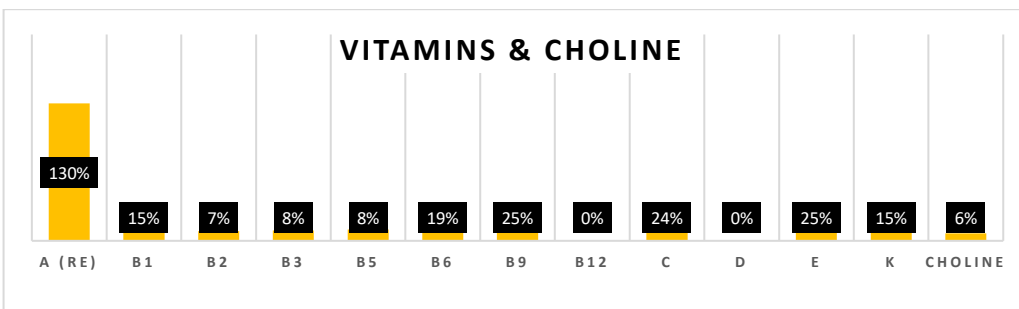
CARROT SOUP
AS IT IS

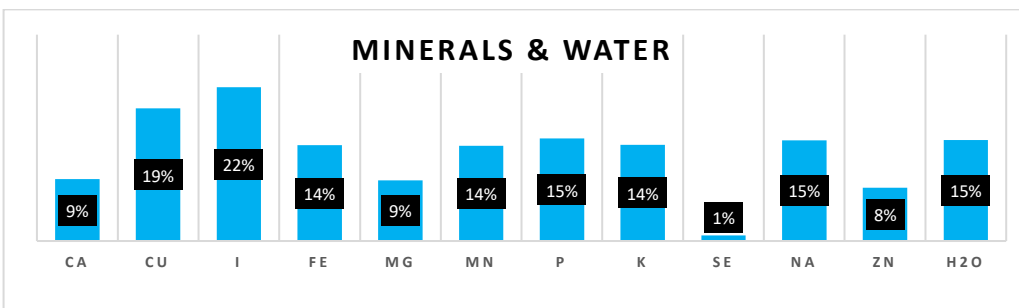
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



98kcal	21g	5g	4g	0.6g	0.1g	0.09g	0.26g	0.23g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



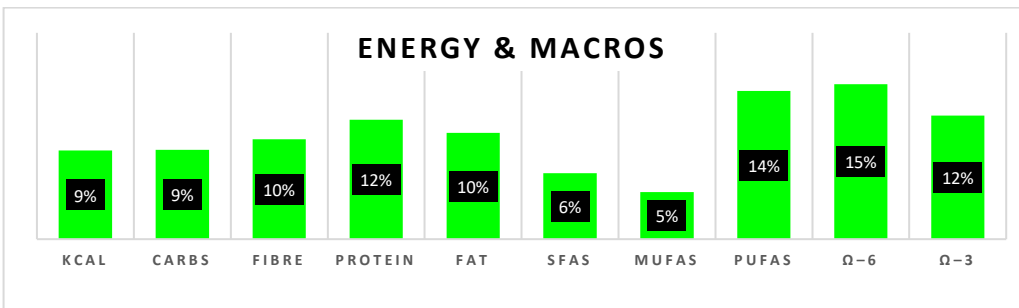


SNACK SUGGESTION

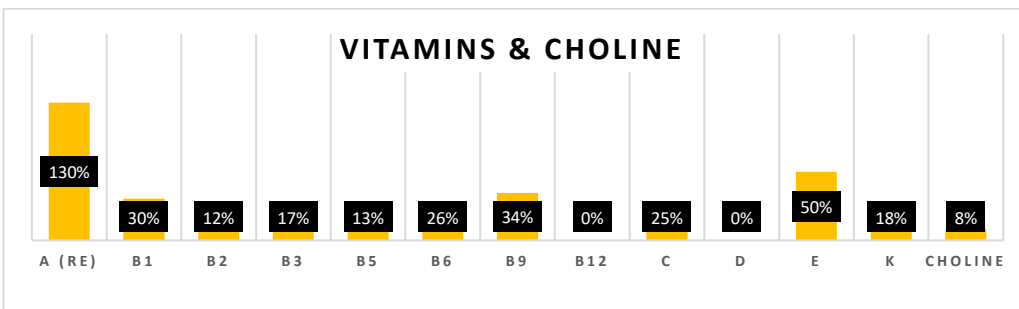
Carrot Soup
Wholegrain Bread
Walnuts

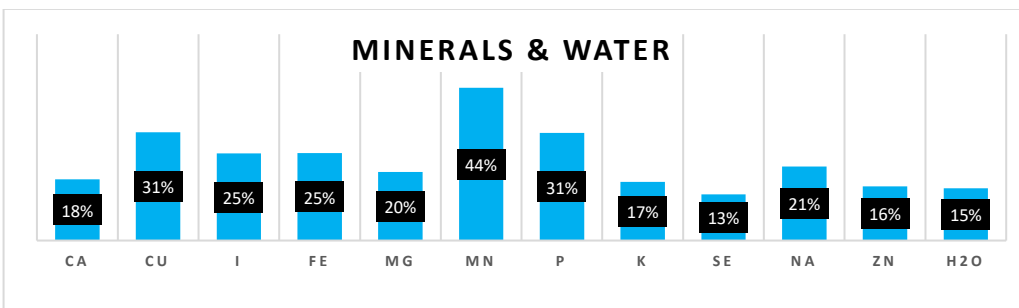
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



215kcal	39g	7g	9g	4.4g	0.61g	0.67g	2.72g	2.28g	0.45g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

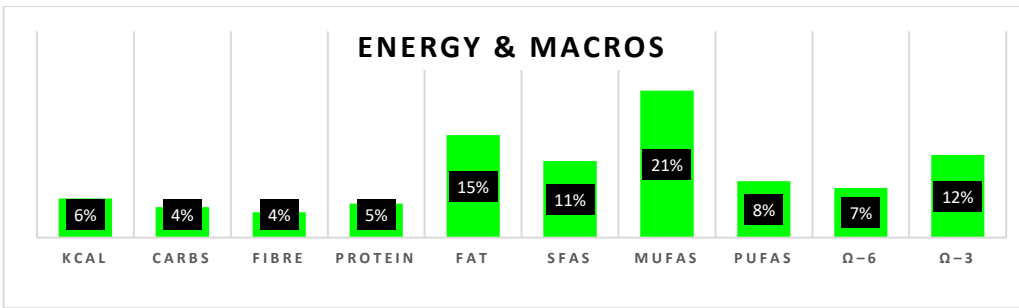




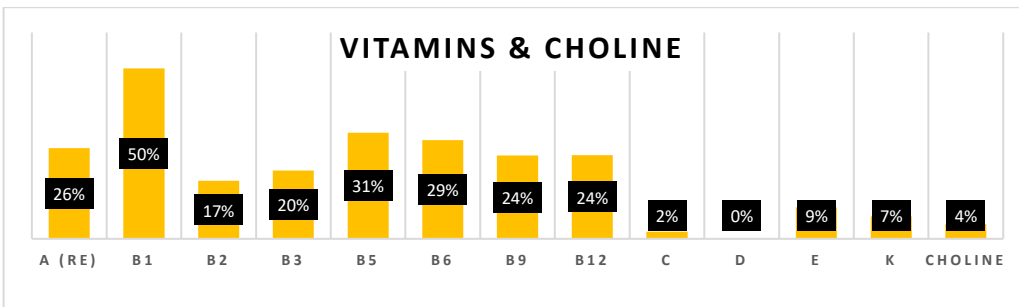
CASHEW NUT MILK ALTERNATIVE AS IT IS

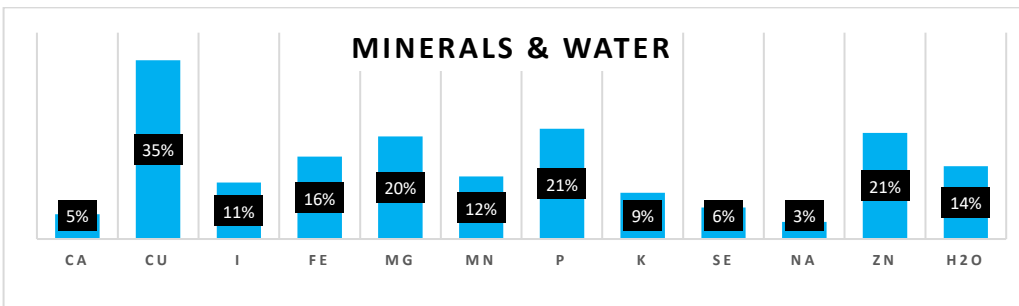
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 2:1



143kcal	20g	3g	4g	6.4g	1.05g	3.13g	1.55g	1.1g	0.46g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



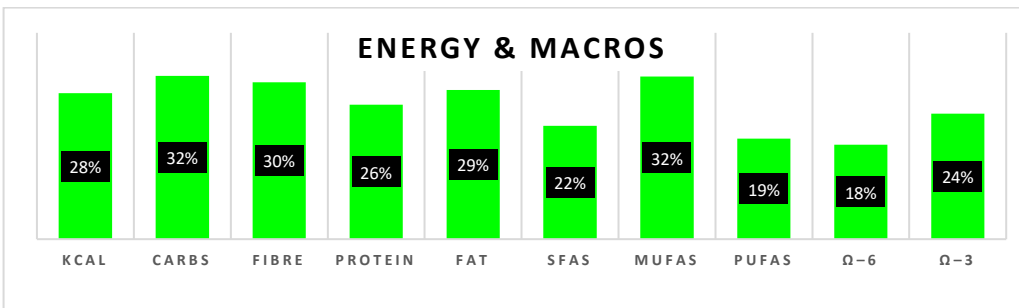


CASHEW NUT MILK BREAKFAST

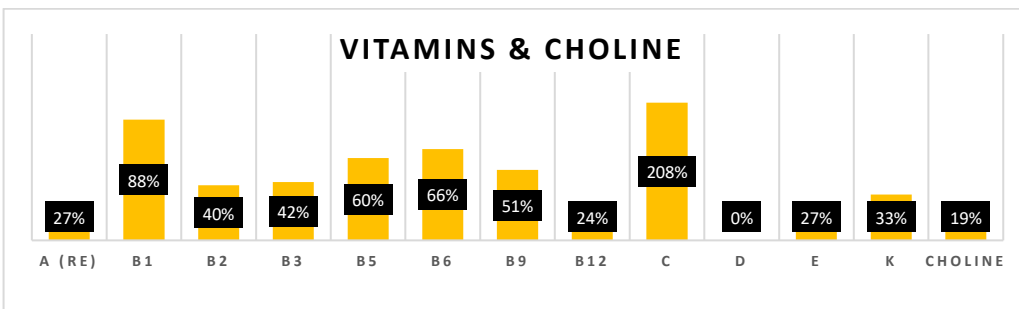
Oat or Buckwheat Porridge
Apple or Banana, Dried Mulberries, Cashew Nut Milk Alternative
Carob or Ceylon Cinnamon Powder, Chia Seeds

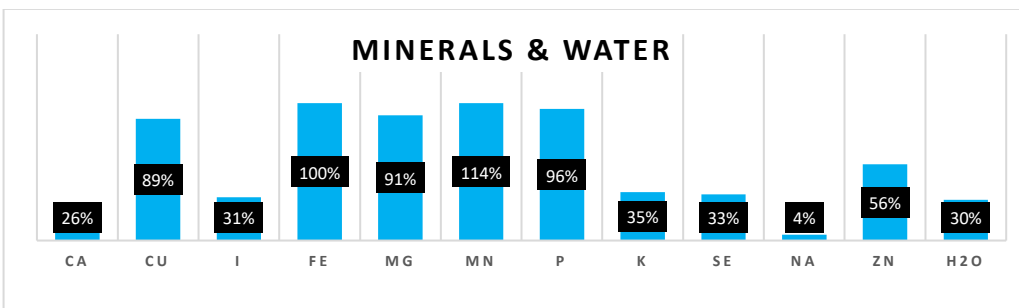
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



708kcal	142g	23g	20g	12.4g	2.08g	4.62g	3.69g	2.77g	0.92g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

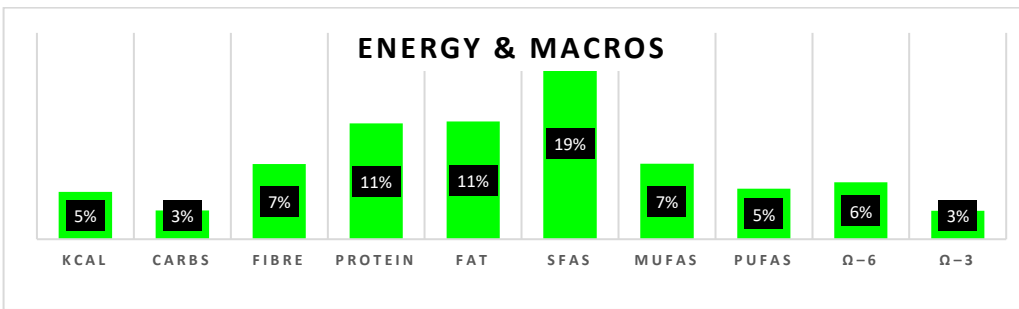




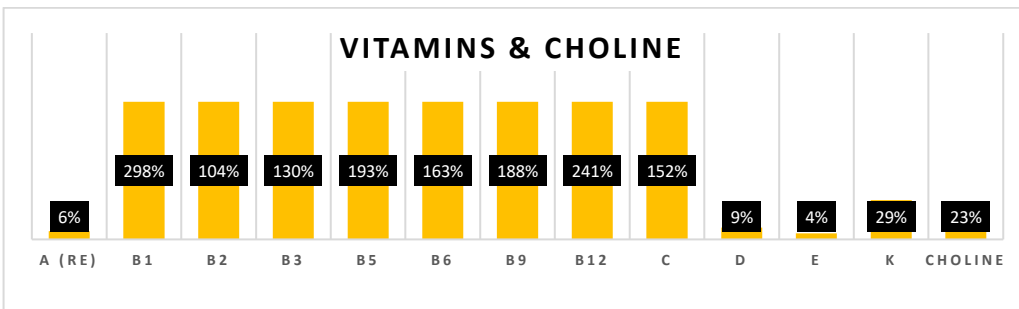
'NO CHEESE' CAULIFLOWER CHEESE AS IT IS

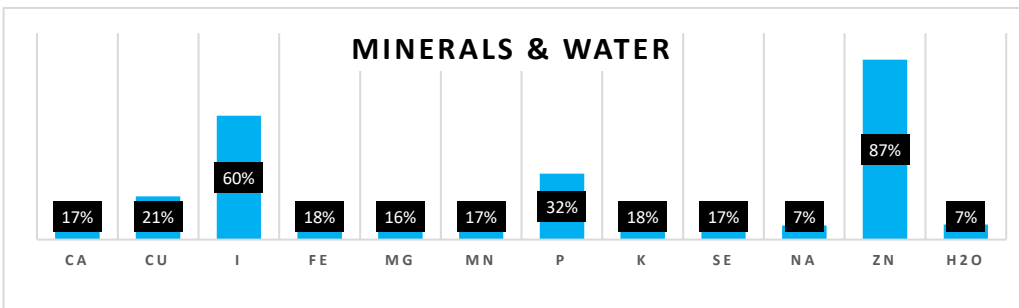
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 8:1



115kcal	13g	5g	9g	4.9g	1.76g	1.07g	0.93g	0.84g	0.1g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



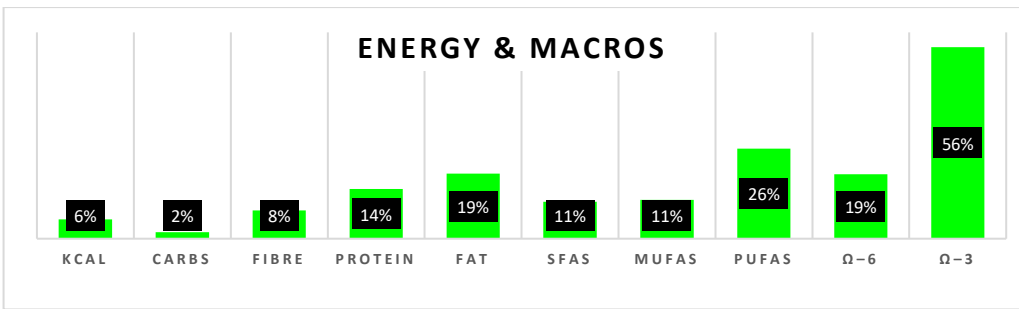


CEYLON SIPS

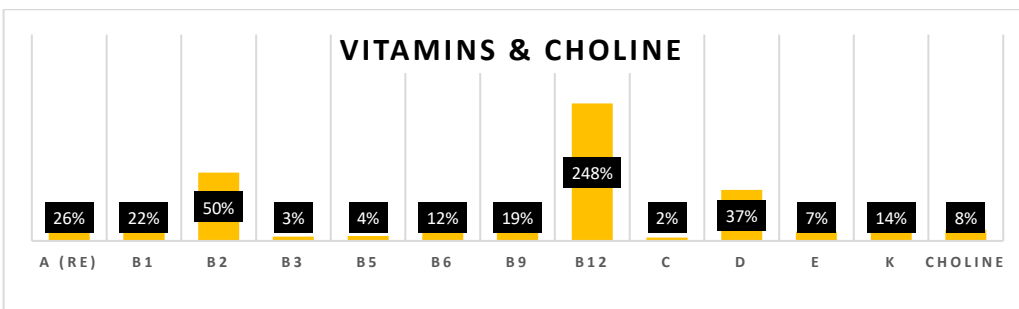
AS IT IS

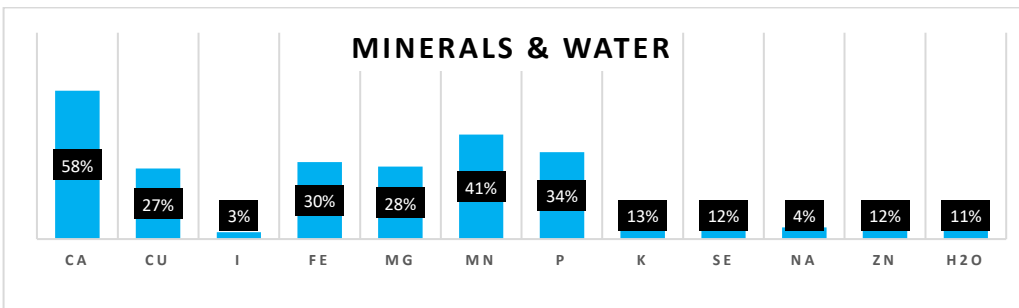
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:1



141kcal	9g	6g	11g	8.1g	1.02g	1.65g	4.96g	2.84g	2.11g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

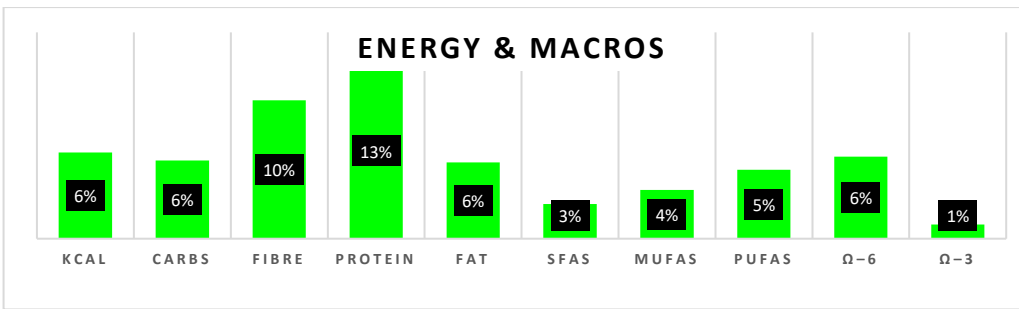




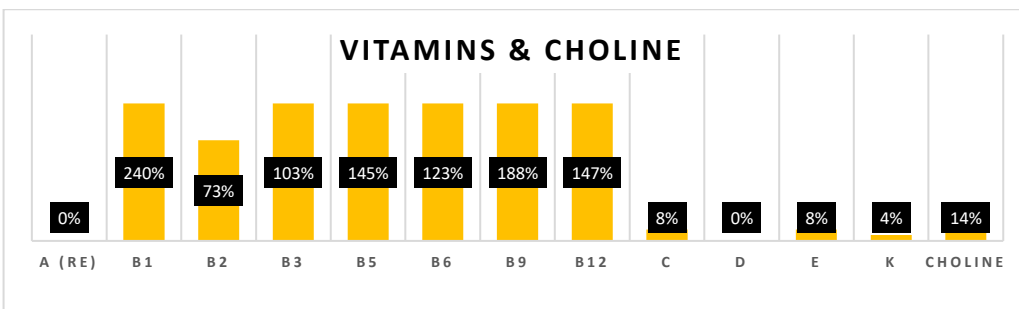
CH-EASY SPREAD
AS IT IS

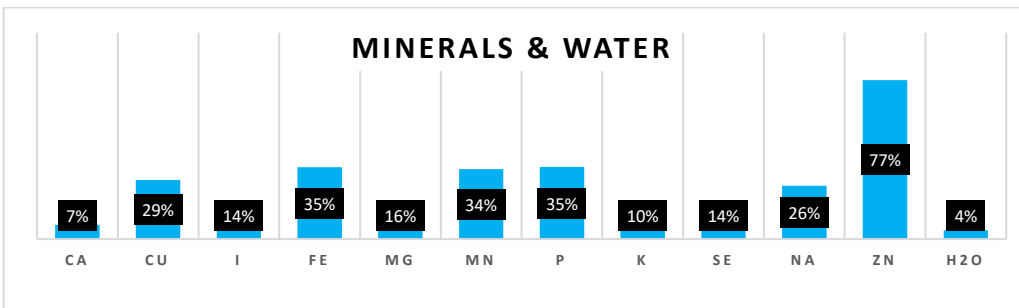
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 22:1



157kcal	26g	8g	10g	2.4g	0.24g	0.52g	0.95g	0.9g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



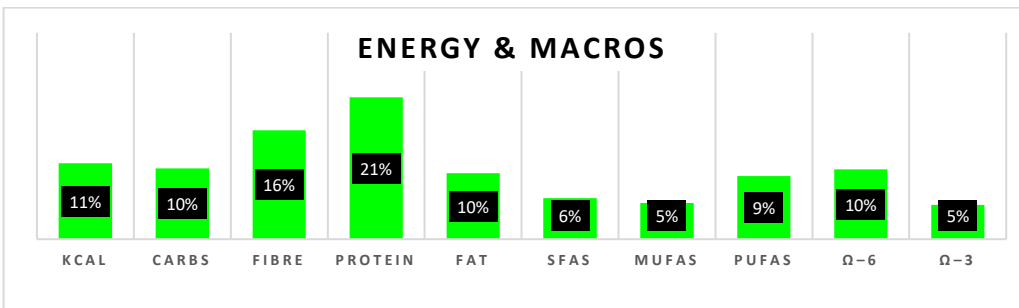


SNACK SUGGESTION

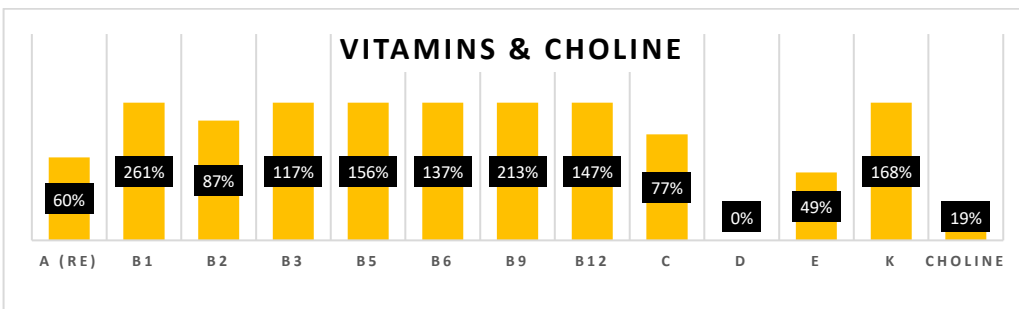
Ch-Easy Spread, Wholegrain Bread
Raw Baby Kale, Rocket or Watercress
Carrot Sticks, Glass of Water

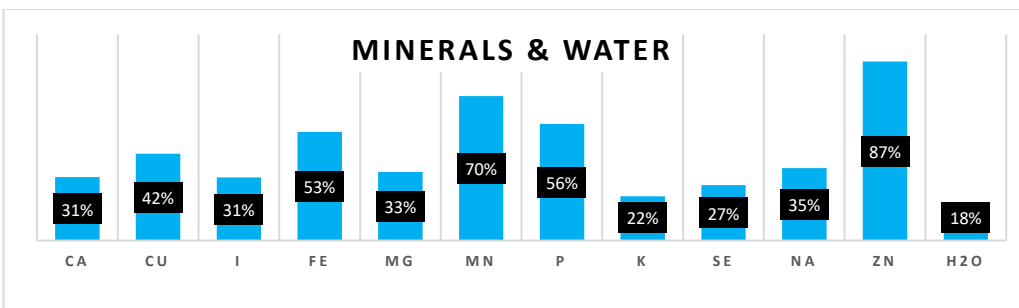
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 8:1



276kcal	46g	12g	16g	4.1g	0.56g	0.77g	1.74g	1.54g	0.19g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



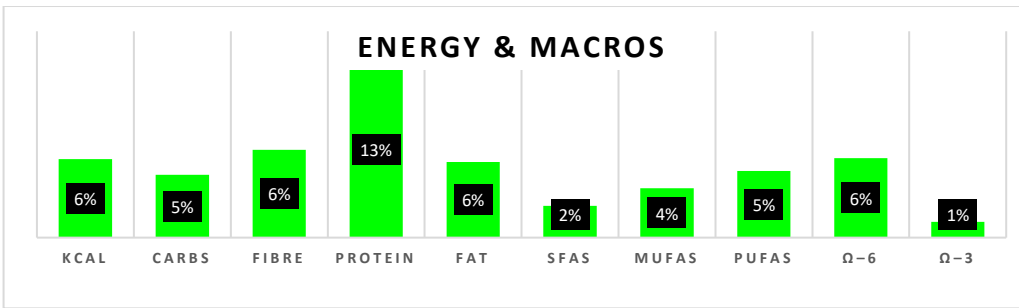


CHEDDAR-PEA CHEESE

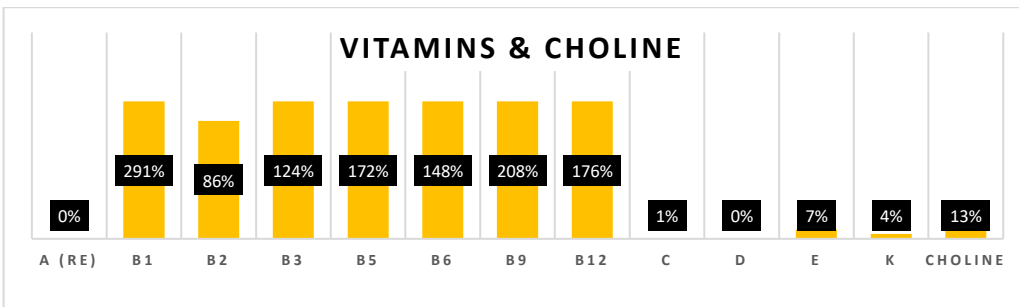
AS IT IS

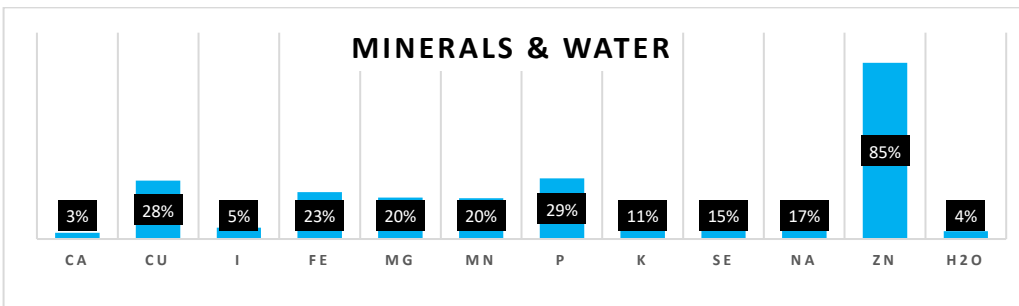
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 22:1



143kcal	21g	5g	10g	2.4g	0.22g	0.53g	0.92g	0.87g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



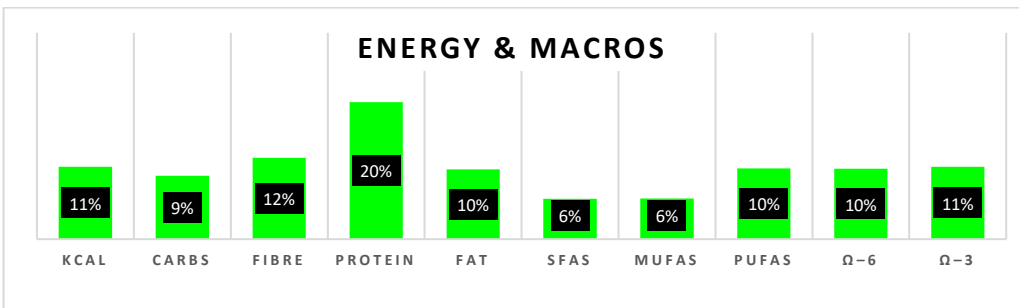


SNACK SUGGESTION

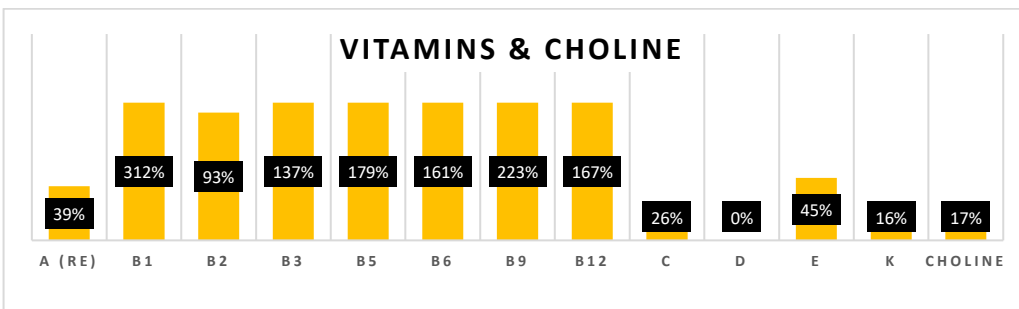
Cheddar-Pea Cheese, Wholegrain Bread
Sliced Tomatoes, Grated Carrot, Ground Linseed
Glass of Water

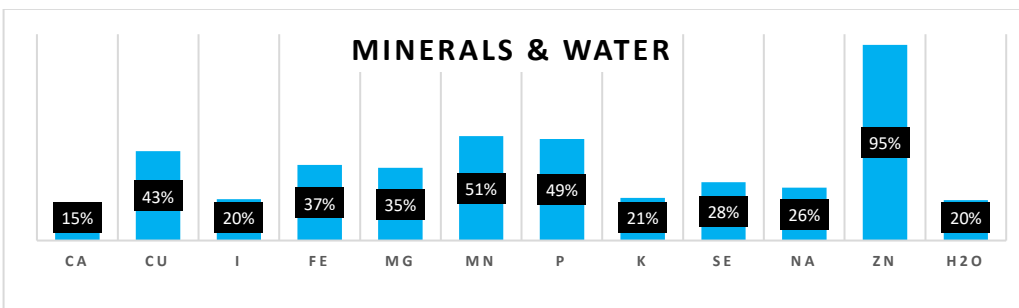
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



264kcal	42g	9g	16g	4.4g	0.56g	0.87g	1.95g	1.55g	0.4g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

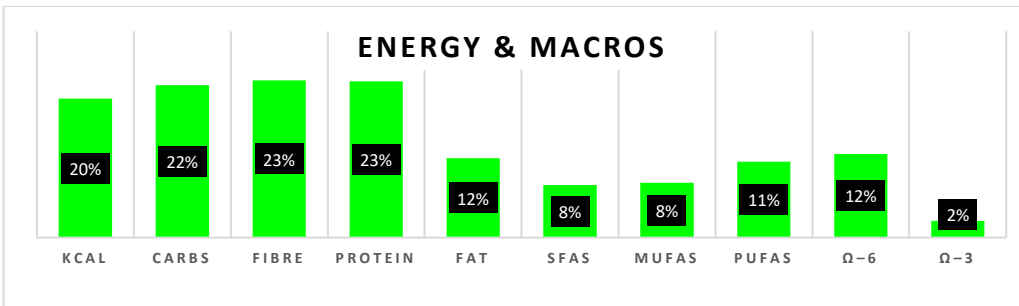




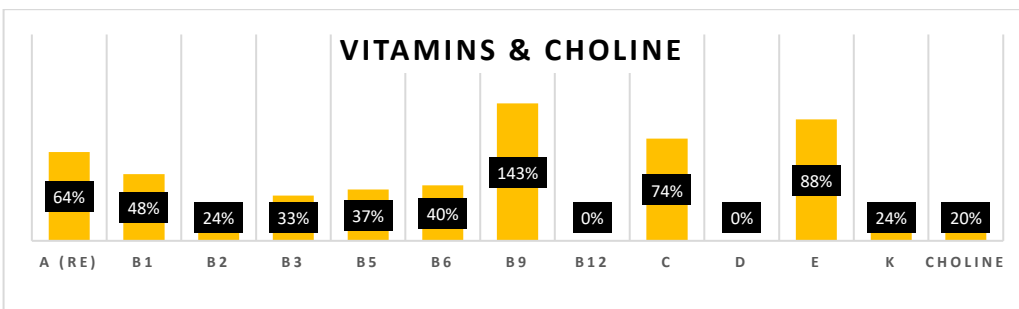
CHESTNUT & SQUASH BAKE AS IT IS

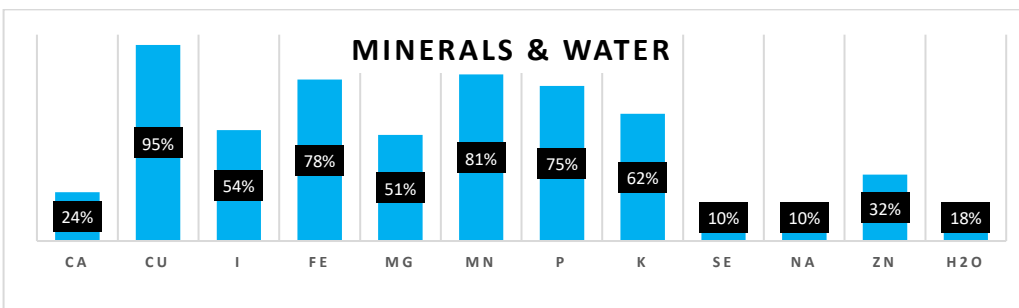
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 20:1



505kcal	100g	17g	18g	5g	0.72g	1.17g	2.09g	1.85g	0.09g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



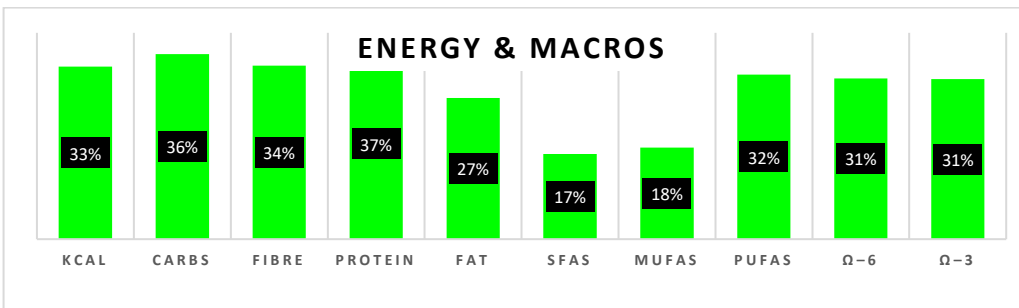


MEAL SUGGESTION

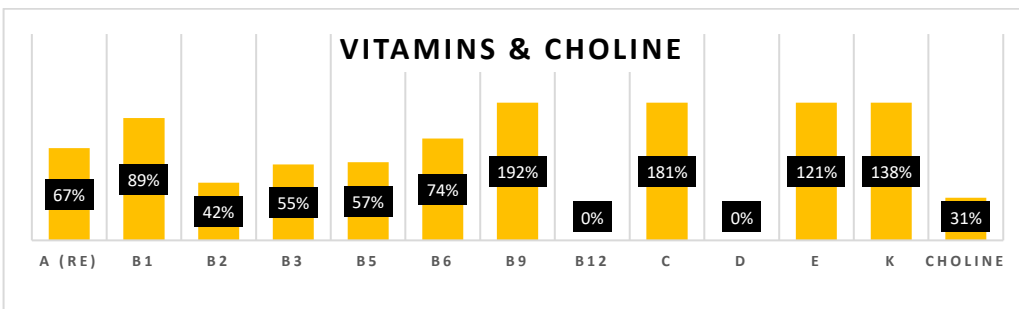
Chestnut & Squash Bake, Brown rice, Buckwheat, or Quinoa
Steamed Brussel Sprouts, Walnut Halves, Ground Linseed
Glass of Water

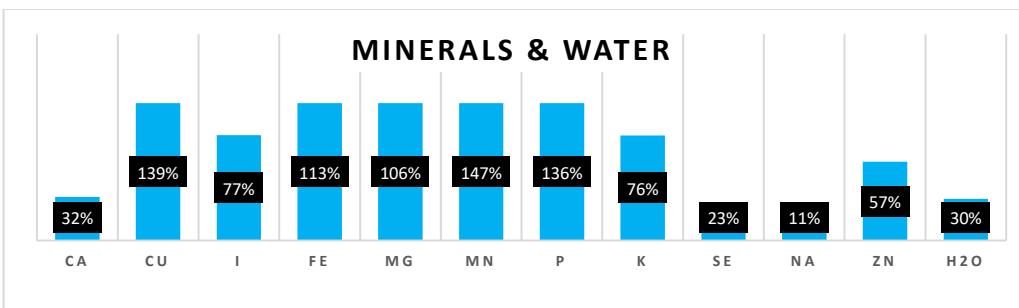
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



837kcal	162g	25g	29g	11.8g	1.56g	2.6g	6.05g	4.72g	1.17g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



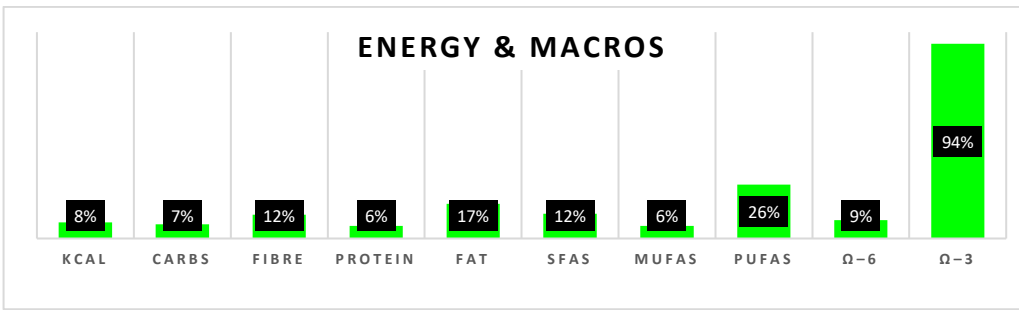


CHIA PUDDING

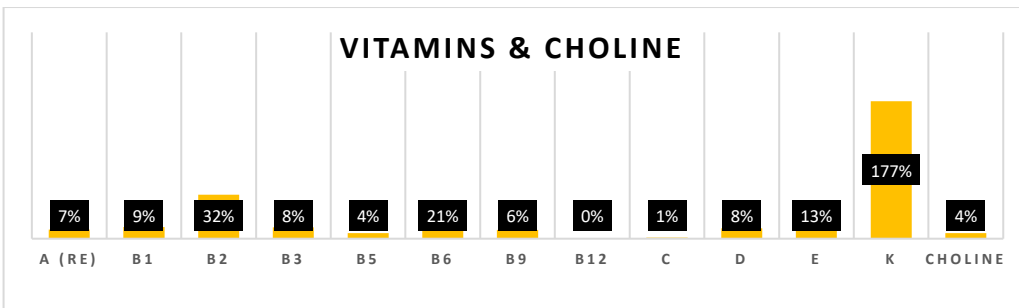
CHOCOLATE WITH MAPLE SYRUP

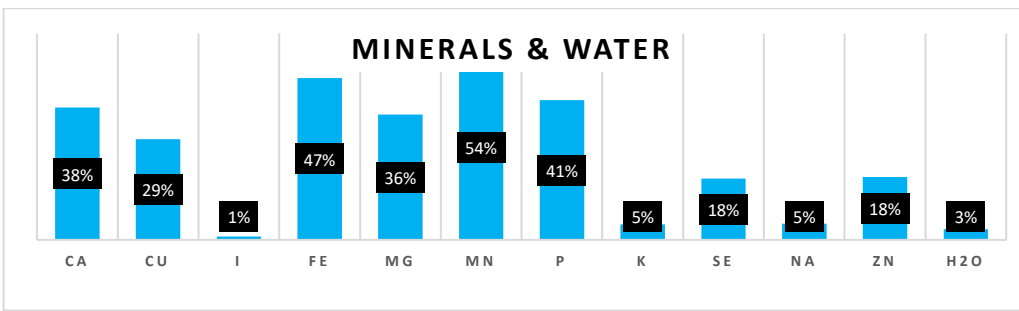
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:3



196kcal	31g	9g	5g	7.3g	1.14g	0.89g	4.93g	1.36g	3.58g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



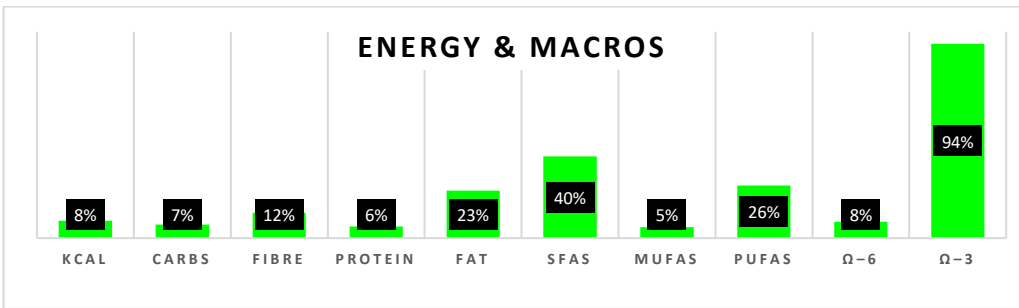


CHIA PUDDING

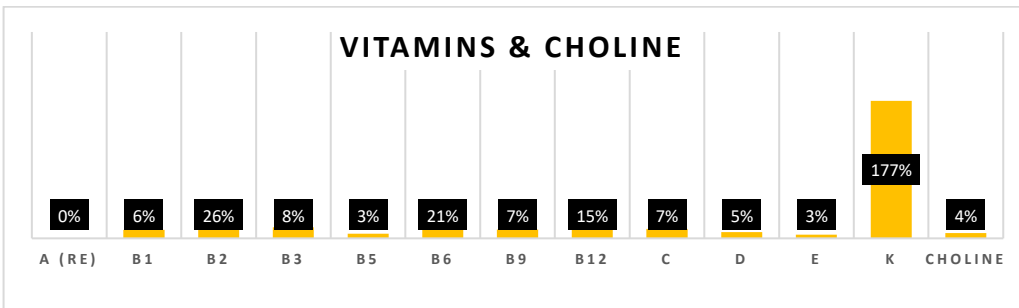
Coconut Vanilla & Lime With Maple Syrup

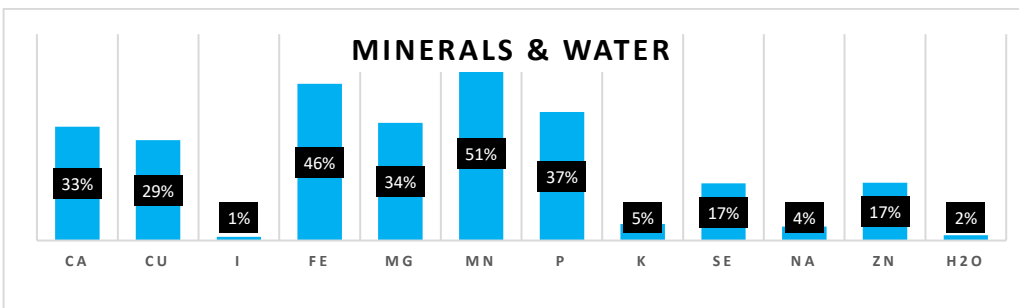
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:3



212kcal	29g	9g	4g	9.9g	3.75g	0.77g	4.84g	1.21g	3.57g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



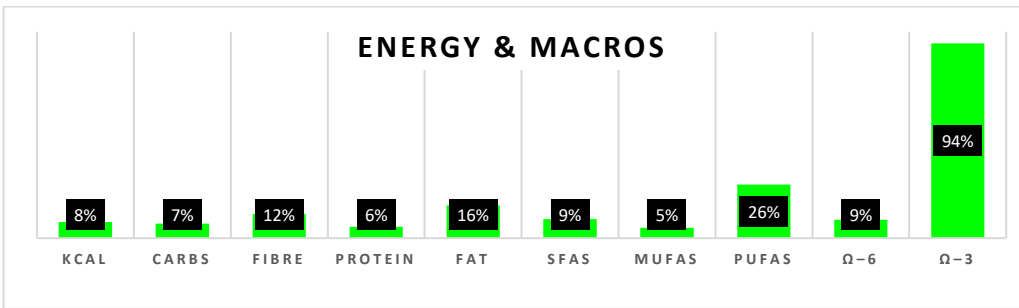


CHIA PUDDING

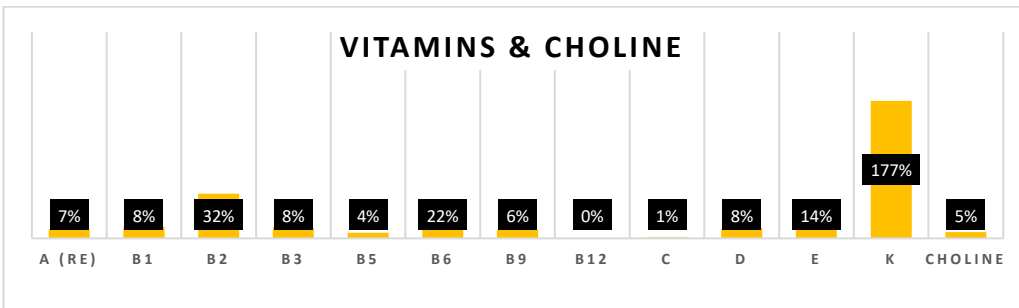
Carob With Maple Syrup

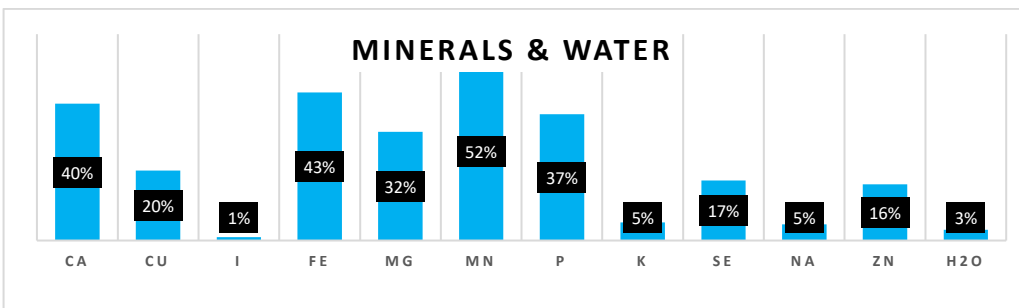
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:3



195kcal	32g	9g	4g	6.8g	0.88g	0.74g	4.93g	1.35g	3.58g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



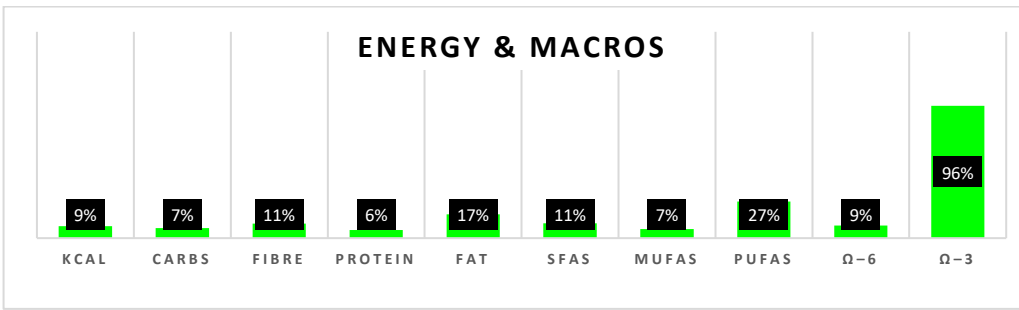


CHIA PUDDING

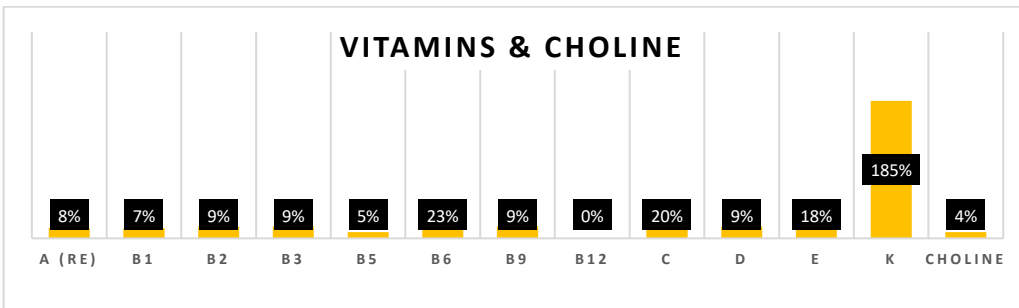
Mango & Vanilla With Dried Fruit

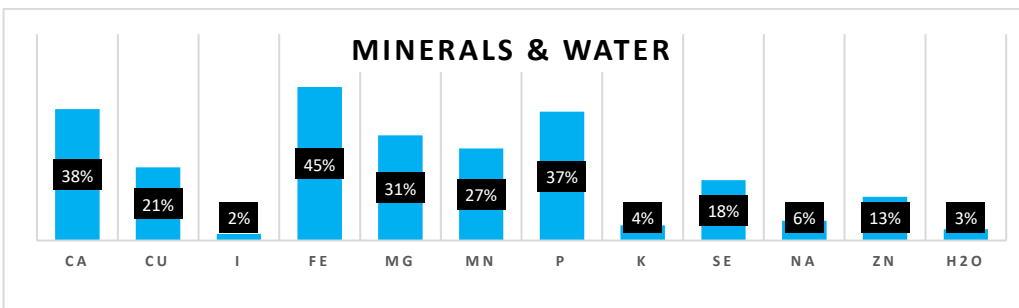
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:3



216kcal	33g	8g	5g	7.4g	1.01g	0.97g	5.04g	1.39g	3.65g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



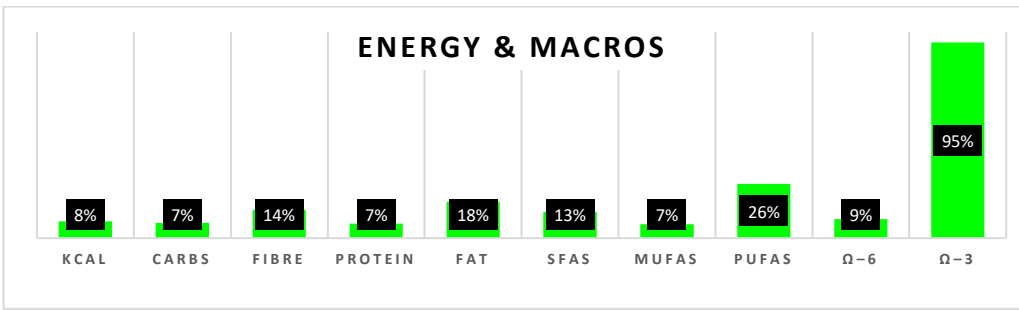


CHIA PUDDING

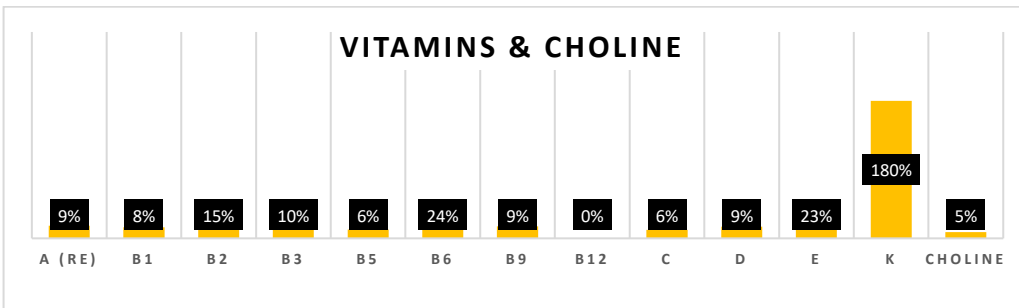
Chocolate With Dried Fruit

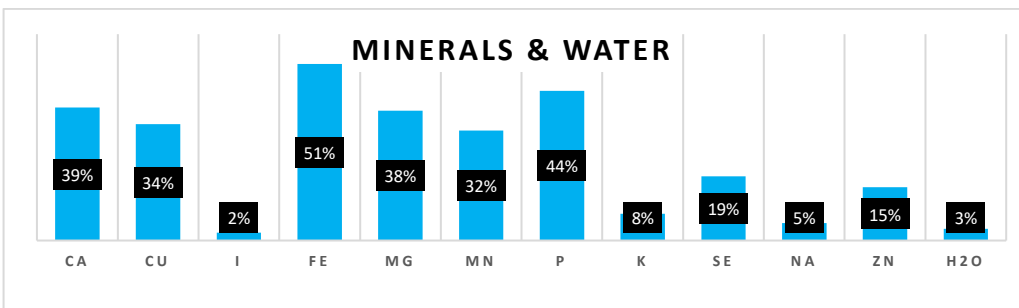
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:3



205kcal	33g	10g	6g	7.6g	1.19g	0.98g	4.99g	1.39g	3.59g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



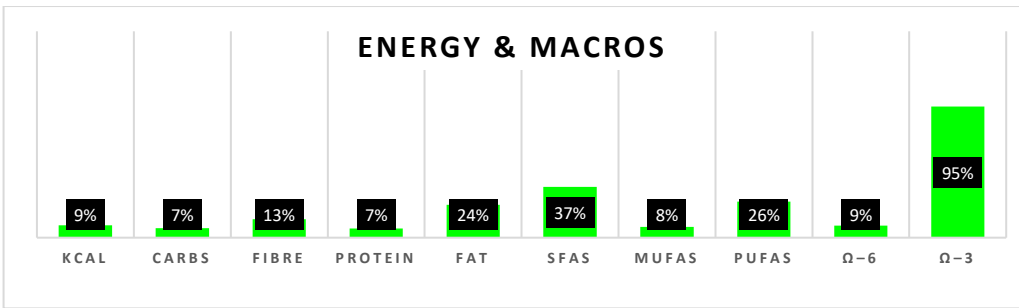


CHIA PUDDING

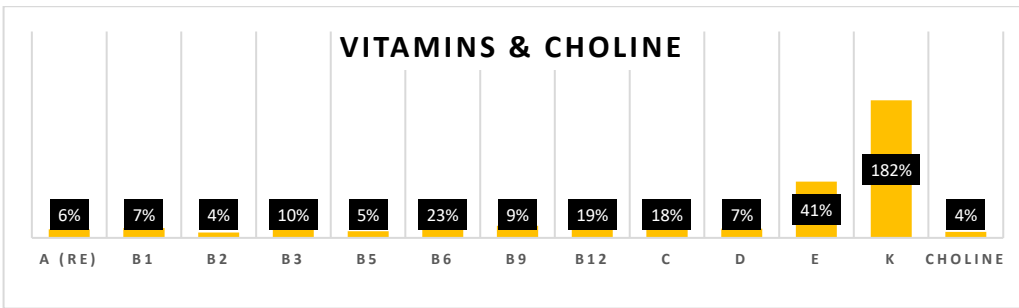
Coconut Vanilla & Lime With Dried Fruit

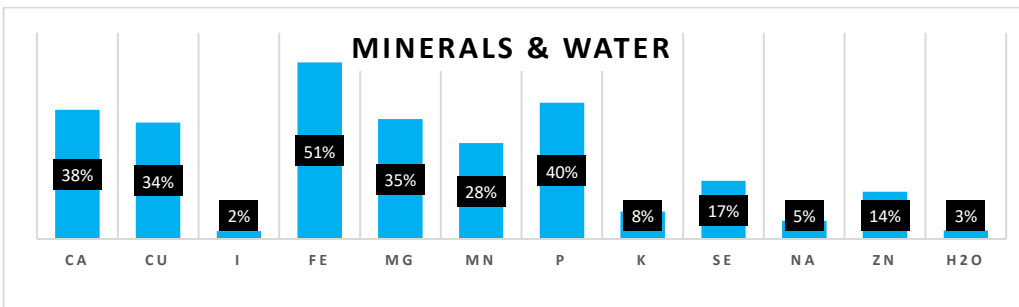
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:3



223kcal	31g	10g	5g	10.3g	3.5g	1.13g	4.97g	1.32g	3.61g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



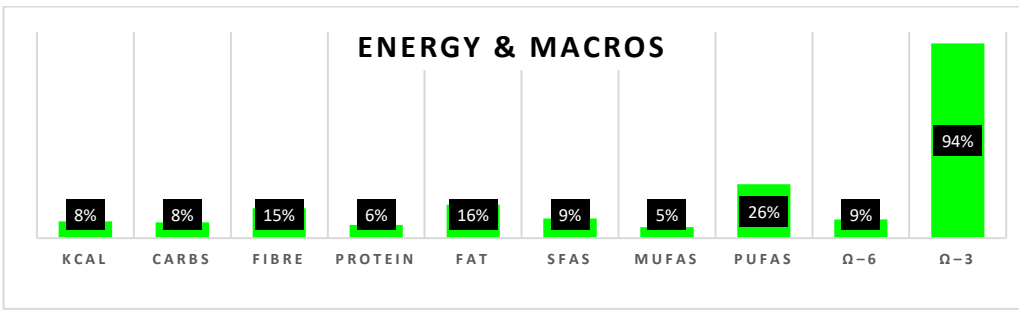


CHIA PUDDING

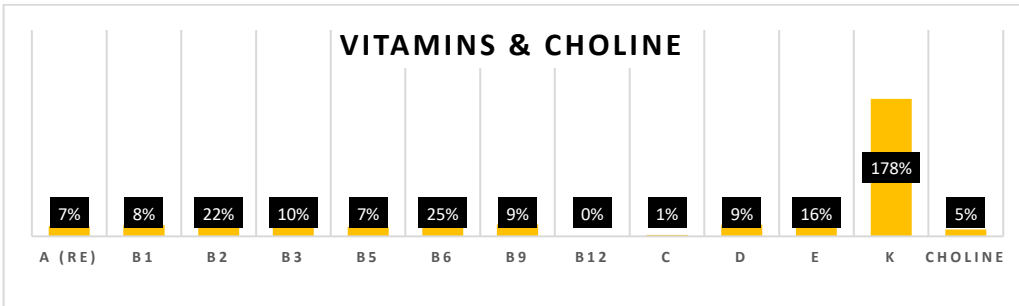
Carob With Dried Fruit

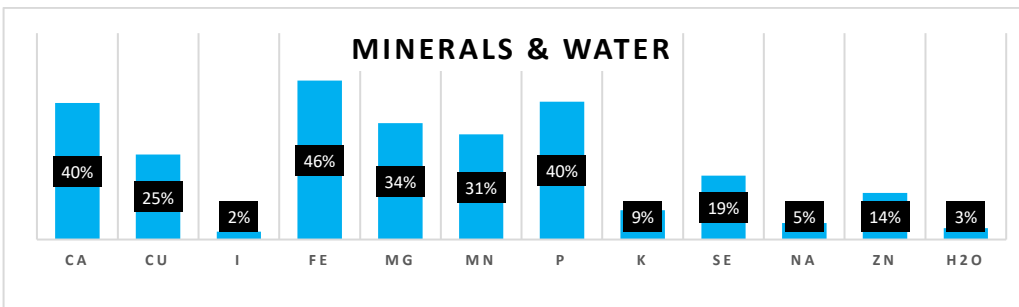
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:3



204kcal	34g	11g	5g	7g	0.9g	0.79g	4.95g	1.38g	3.58g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

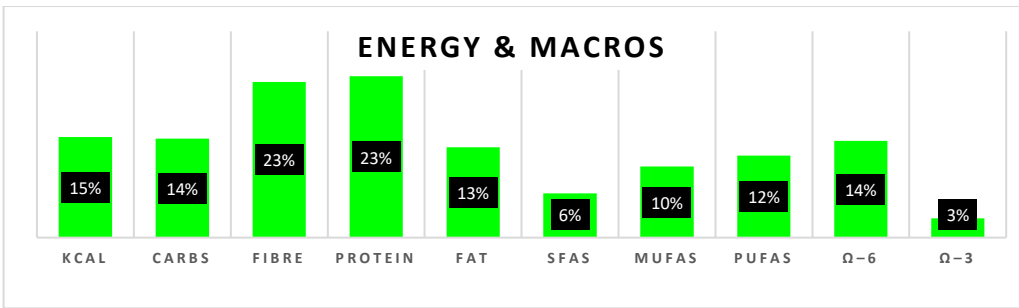




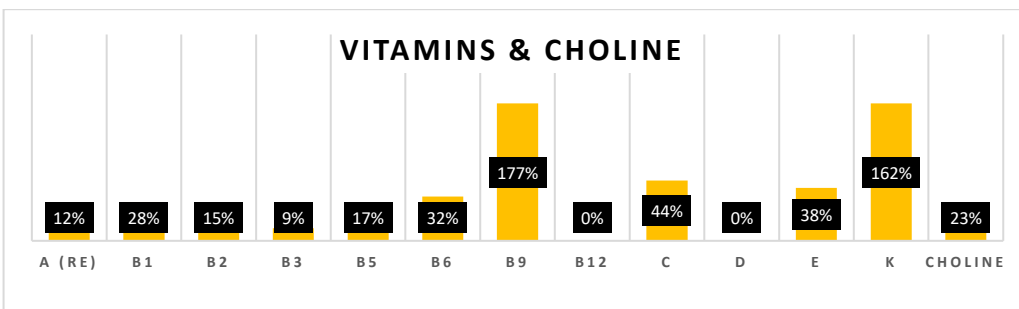
CHICKPEA CURRY
AS IT IS

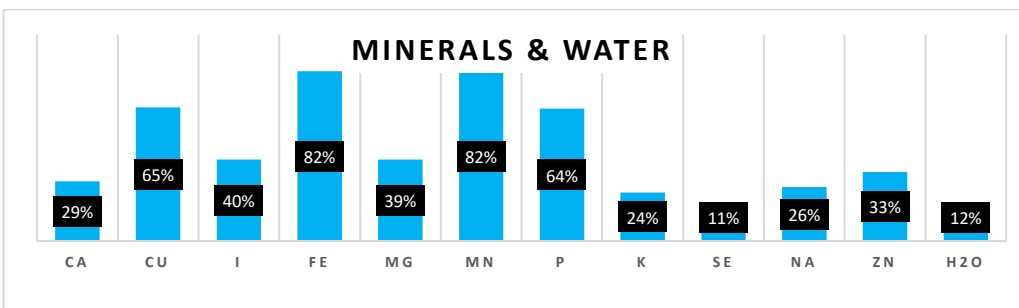
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 19:1



365kcal	65g	17g	18g	5.7g	0.61g	1.51g	2.26g	2.13g	0.11g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



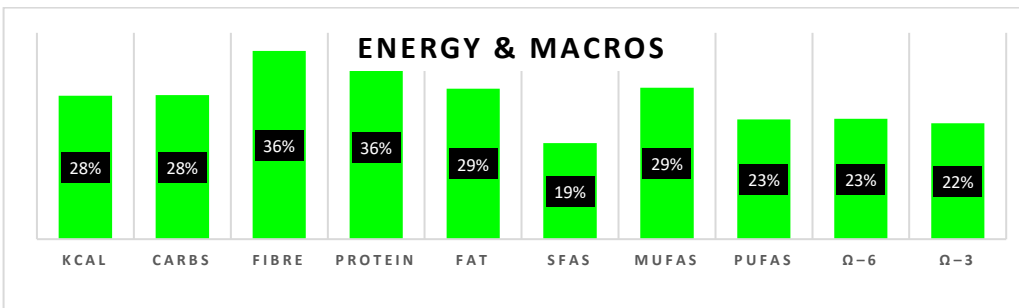


MEAL SUGGESTION

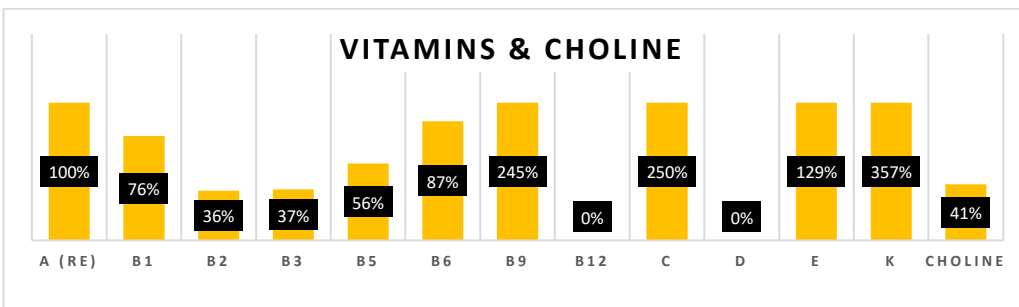
Chickpea Curry, Brown Rice,
Steamed Carrots or Sweet Potato, Broccoli
Cashew Nuts, Ground Linseed, Glass of Water

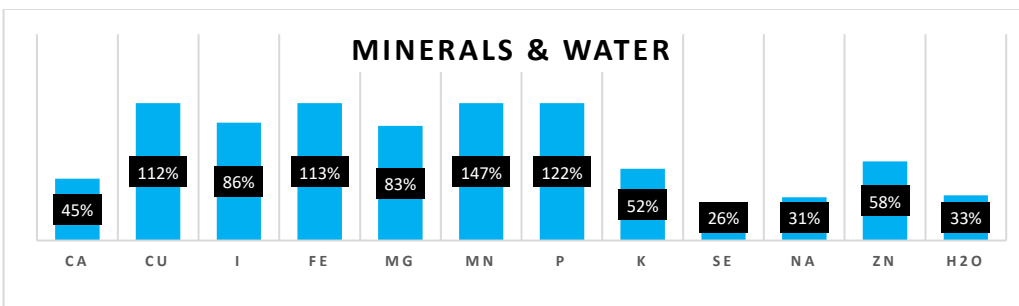
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



695kcal	126g	27g	28g	12.6g	1.77g	4.3g	4.4g	3.54g	0.85g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

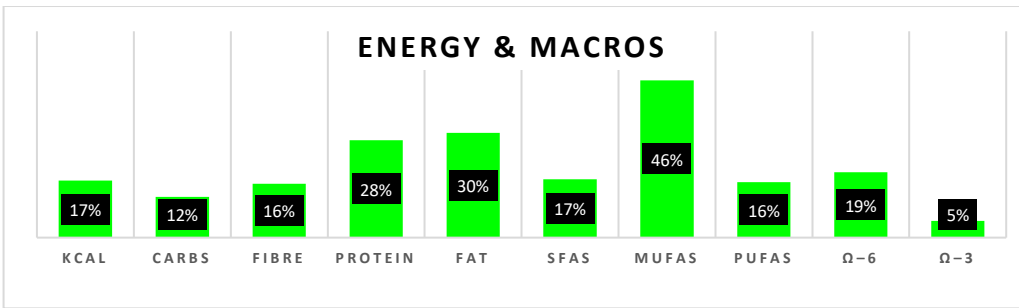




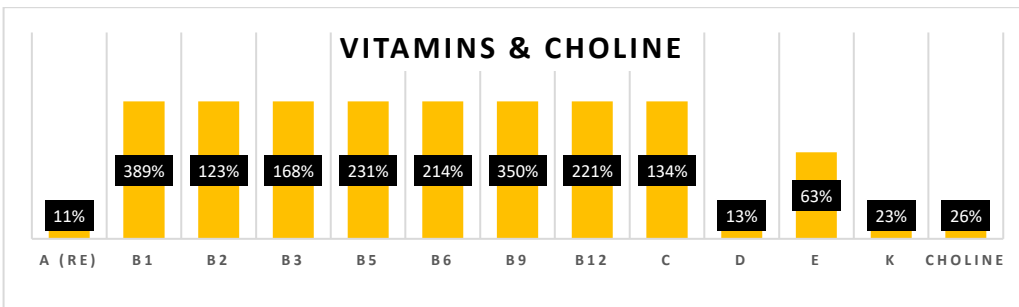
CHICKPEA OMELETTE
AS IT IS

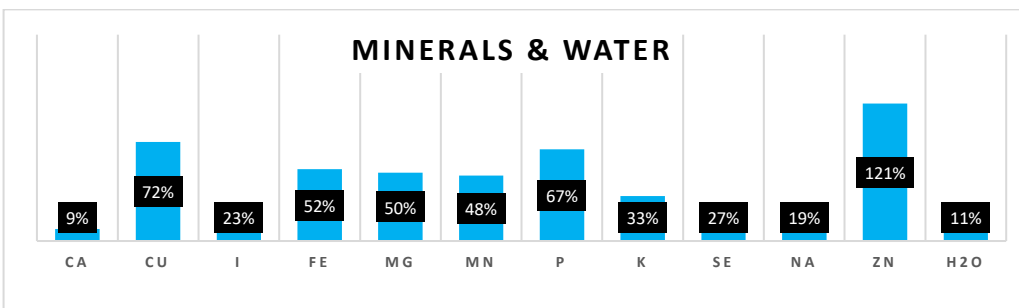
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 16:1



414kcal	53g	12g	22g	13.1g	1.61g	6.7g	3.05g	2.88g	0.18g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



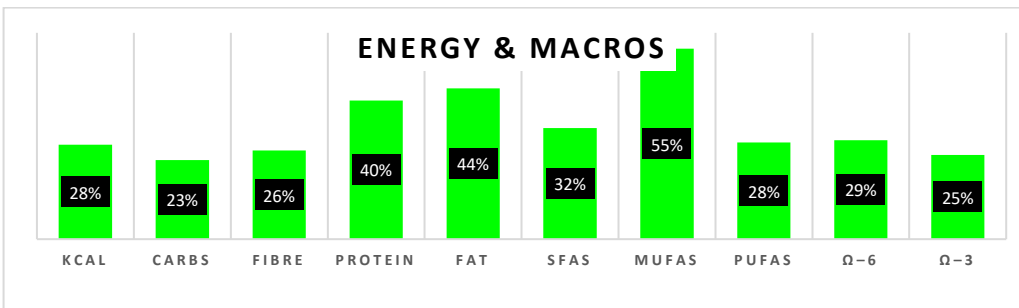


MEAL SUGGESTION

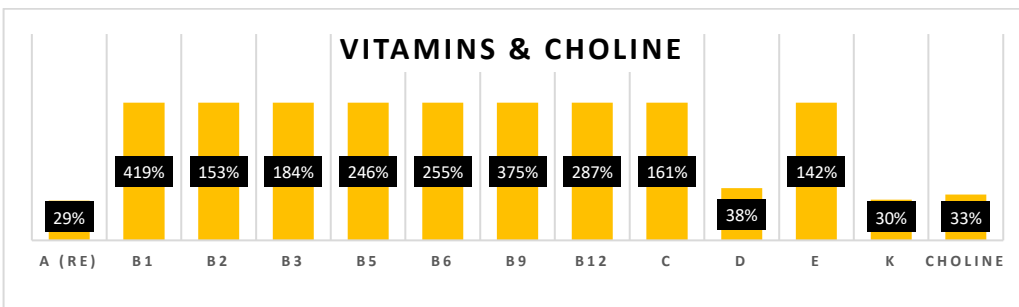
Chickpea Omelette, Wholegrain Toast, Banana
Glass of Plant-based Milk Alternative, Ground Linseed
(Why not try our 'Ceylon Sips Drink)

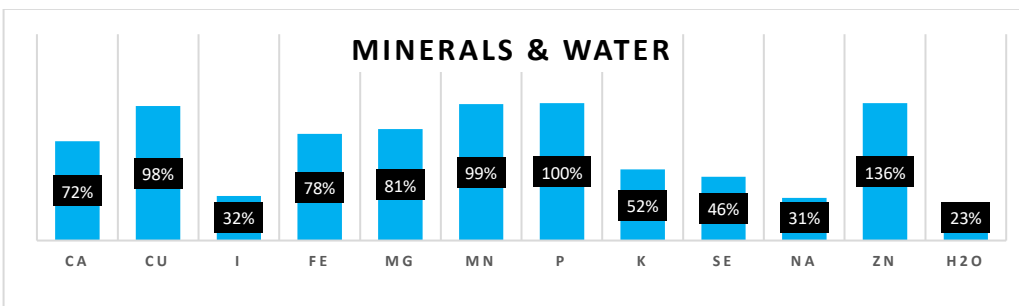
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



688kcal	103g	19g	32g	18.9g	3.06g	8.1g	5.32g	4.36g	0.93g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

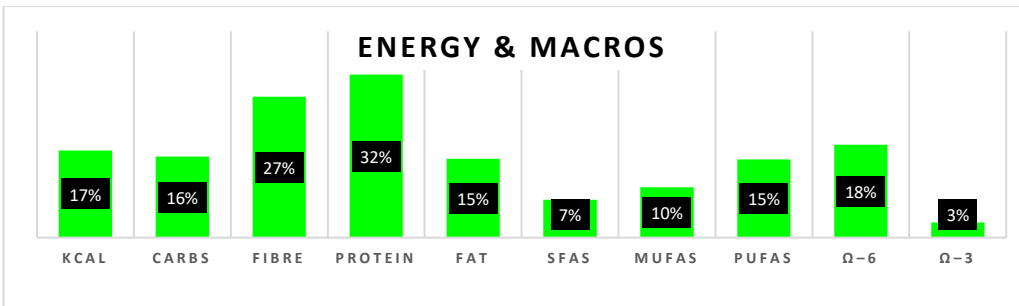




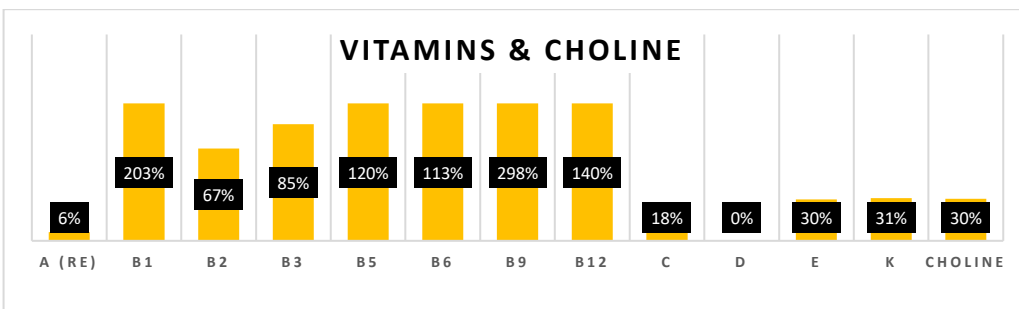
CHICKPEA TUNA
AS IT IS

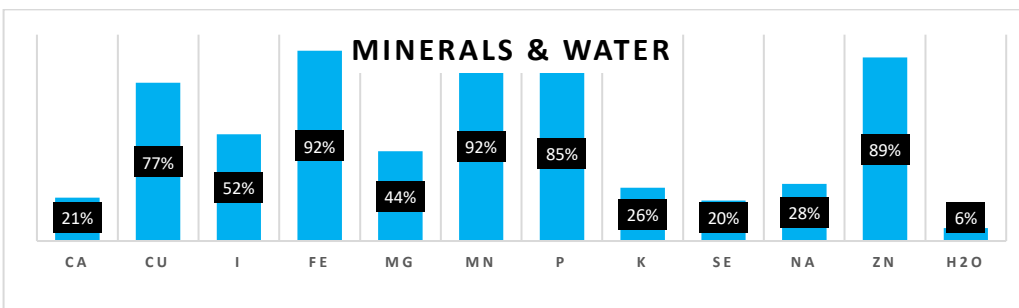
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 25:1



423kcal	71g	20g	25g	6.6g	0.69g	1.43g	2.87g	2.73g	0.11g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



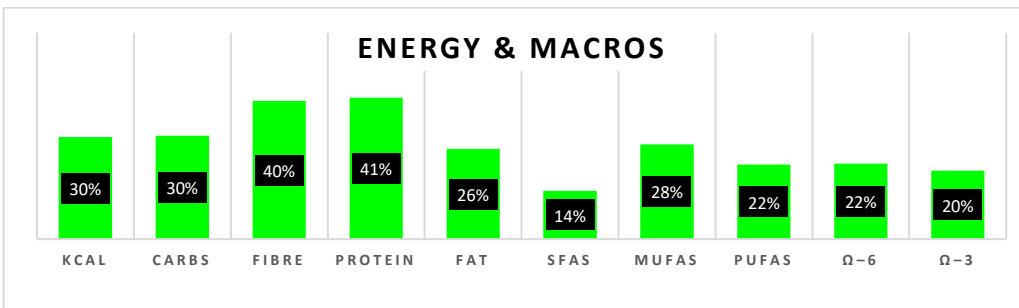


MEAL SUGGESTION

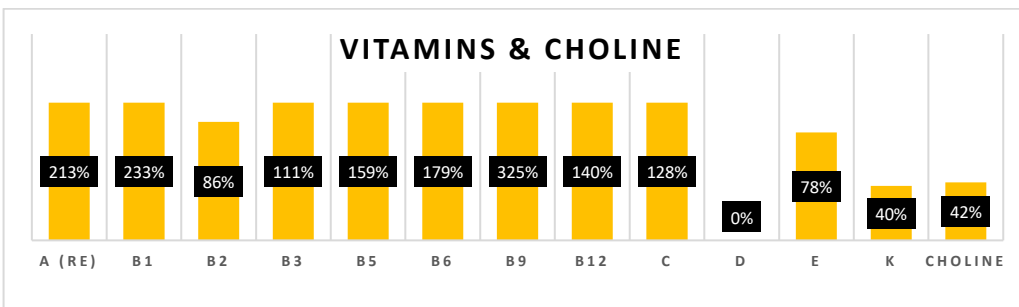
Chickpea Tuna, White & Sweet Potato Wedges
Olives, Ground Linseed
Glass of Water

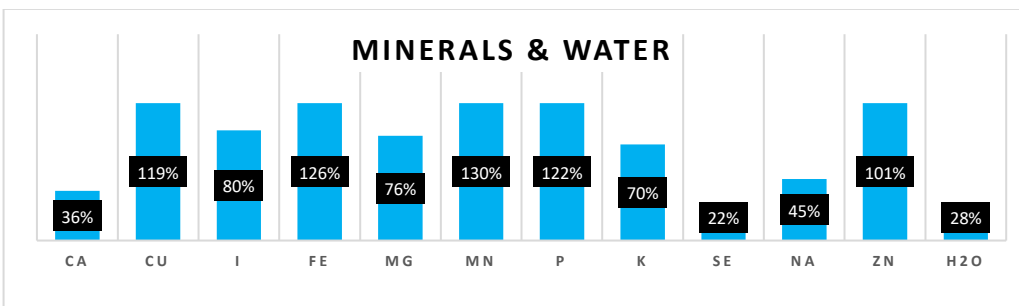
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



742kcal	135g	30g	32g	11.3g	1.33g	4.03g	4.11g	3.33g	0.75g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

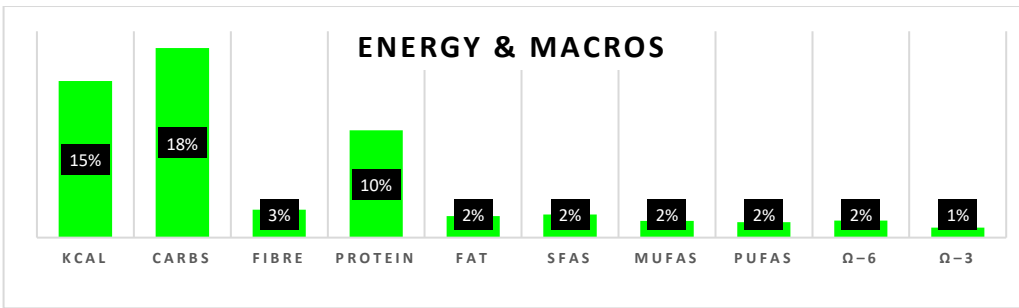




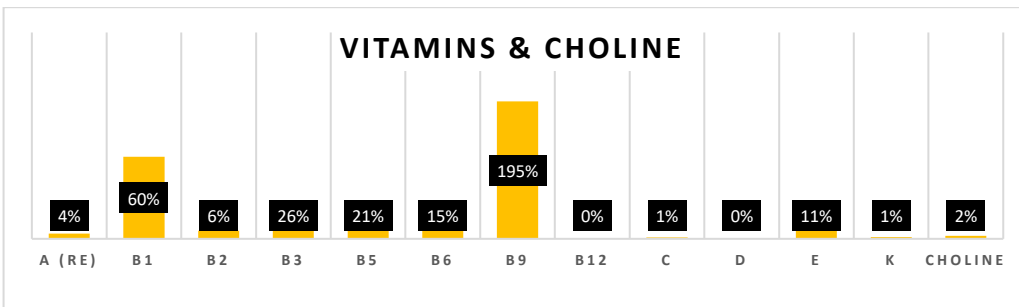
CHINESE RICE
AS IT IS

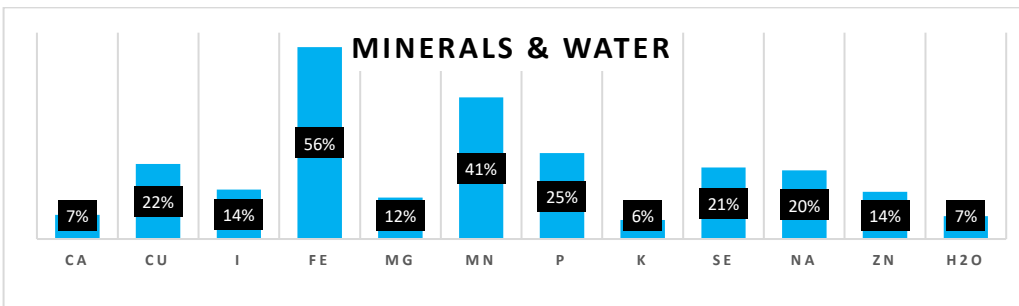
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



379kcal	83g	2g	8g	0.9g	0.21g	0.24g	0.29g	0.25g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



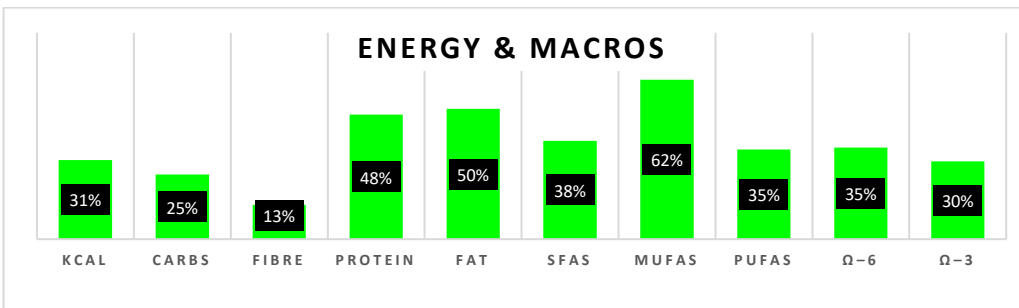


MEAL SUGGESTION

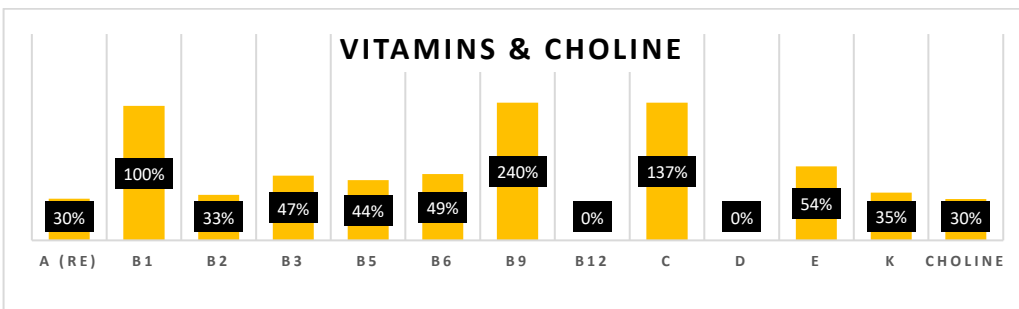
Chinese Rice, Sweet Bell Pepper, Carrot,
Chinese Tofu *(see recipe)*, Ground Linseed,
Glass of Water

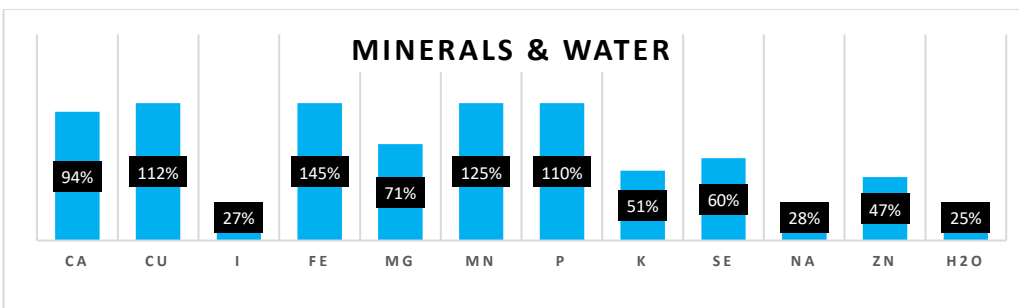
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



768kcal	113g	10g	38g	21.7g	3.61g	9.06g	6.59g	5.38g	1.14g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

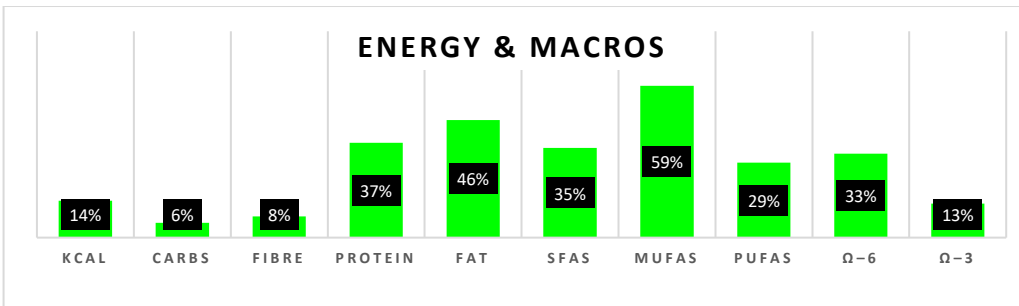




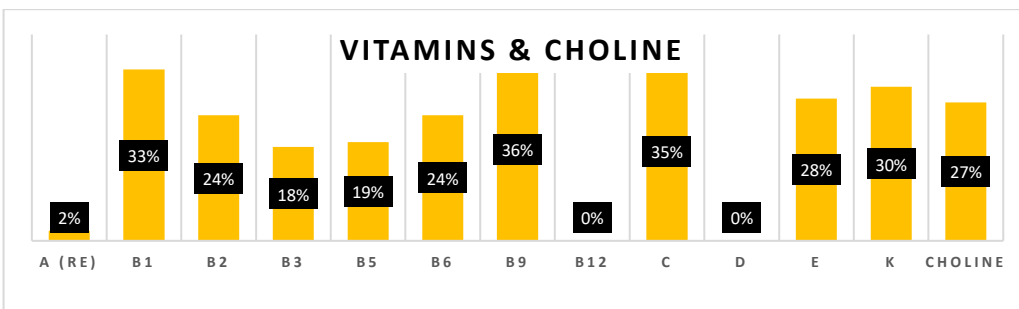
CHINESE TOFU
AS IT IS

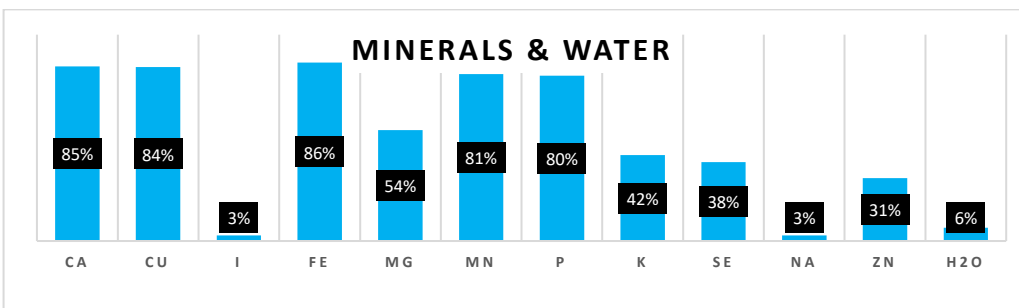
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 10:1



359kcal	26g	6g	29g	19.6g	3.29g	8.62g	5.52g	4.94g	0.5g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



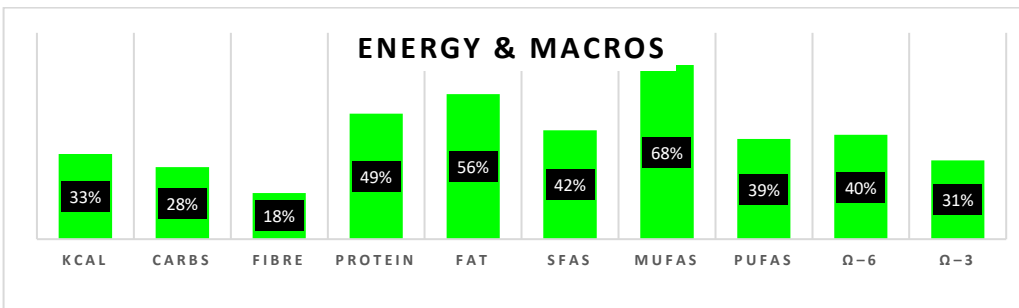


MEAL SUGGESTION

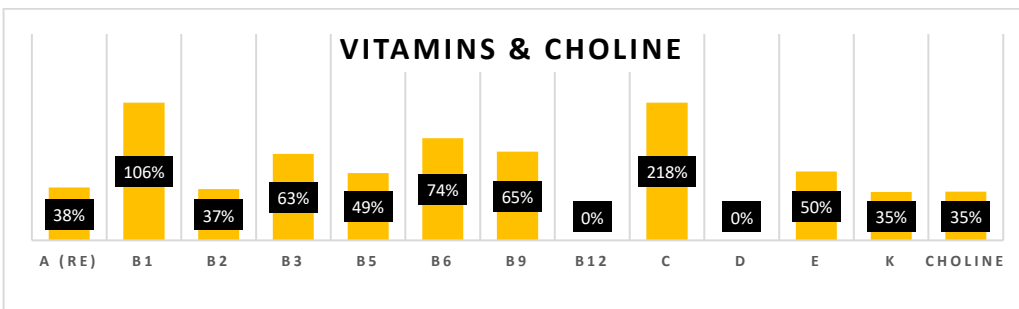
Chinese Tofu, Brown Rice
Carrot, Ground Linseed
Fresh Pineapple, Glass of Water

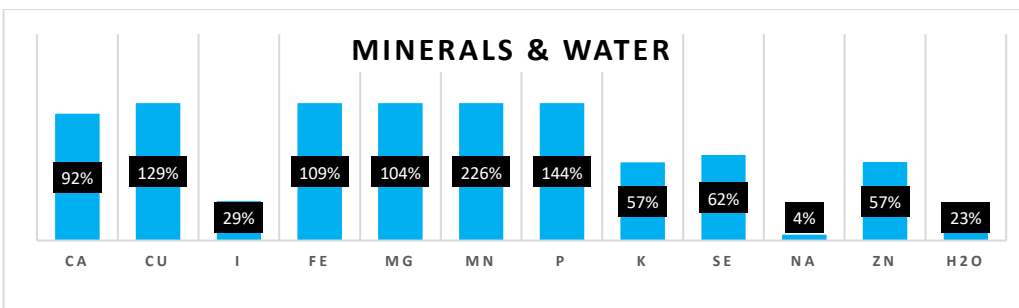
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



827kcal	126g	13g	38g	24.2g	4g	9.88g	7.36g	6.13g	1.16g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

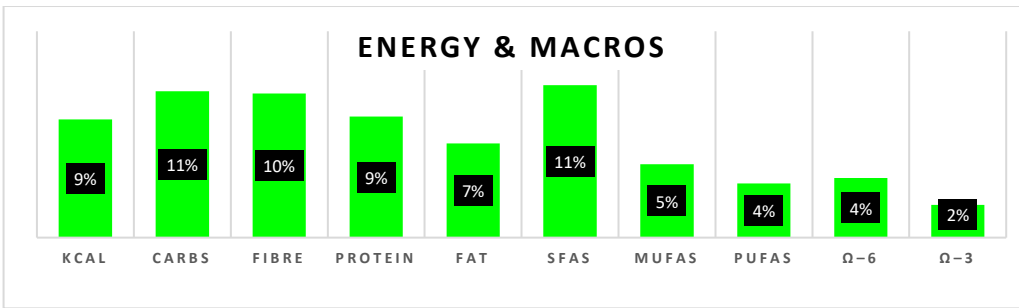




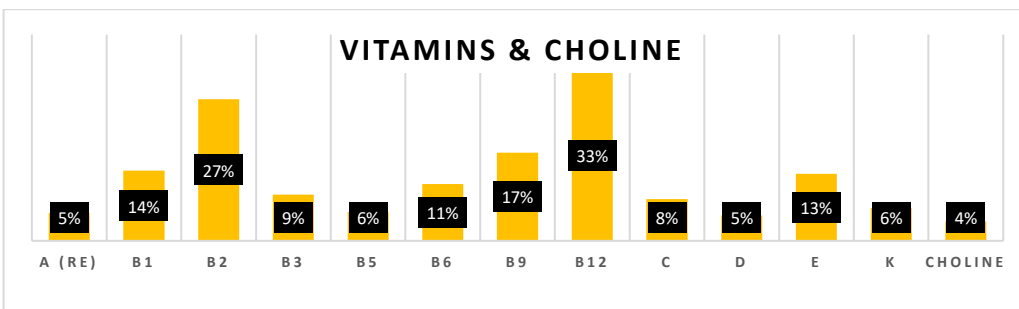
CHOCOLATE CAKE AS IT IS

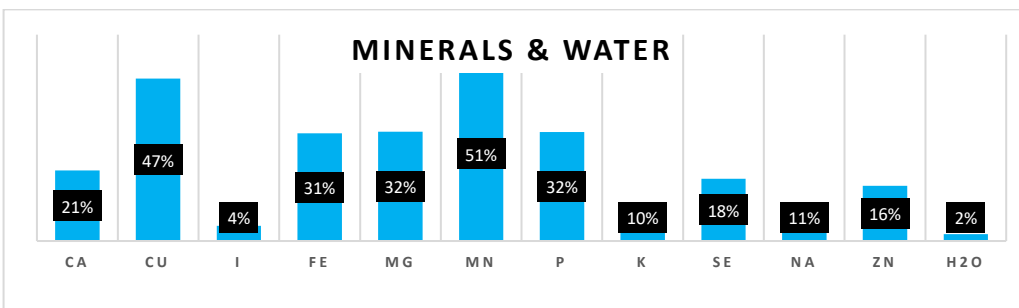
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



215kcal	48g	8g	7g	2.9g	1.05g	0.78g	0.75g	0.66g	0.09g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

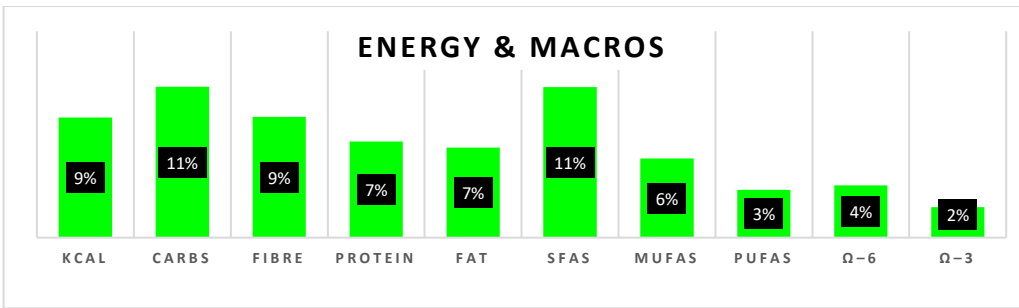




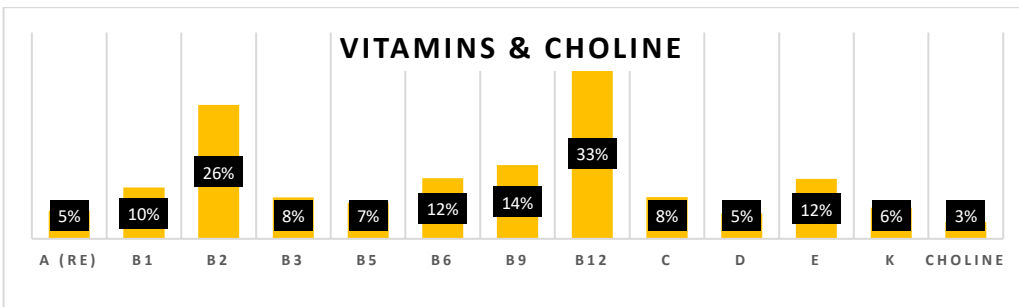
CHOCOLATE CAKE - GLUTEN FREE AS IT IS

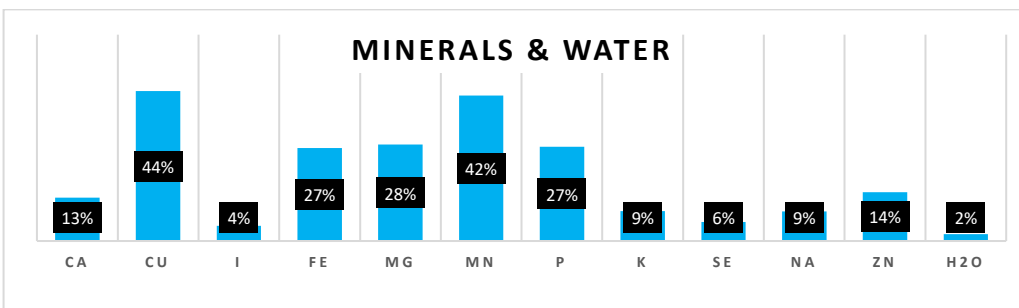
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



218kcal	49g	7g	5g	2.8g	1.04g	0.84g	0.66g	0.58g	0.08g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

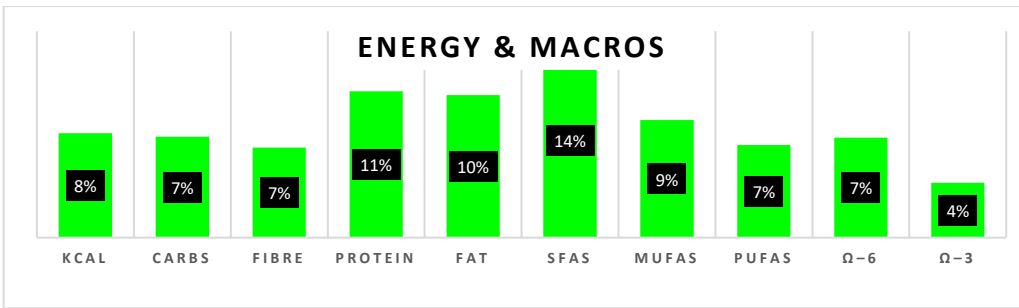




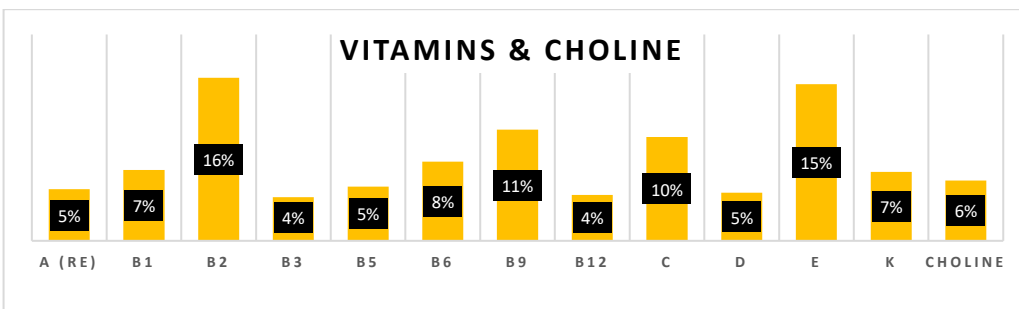
CHOCOLATE ICE CREAM
AS IT IS

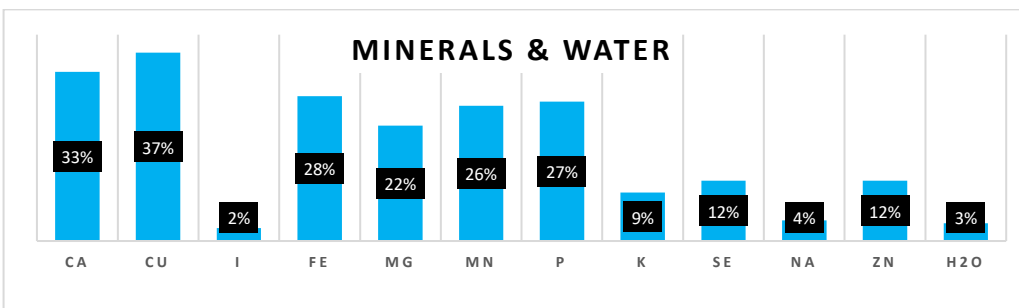
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



190kcal	33g	5g	8g	4.5g	1.34g	1.25g	1.27g	1.1g	0.15g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

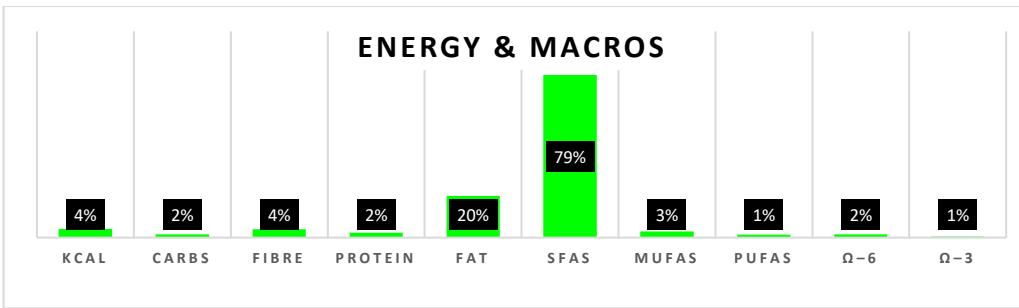




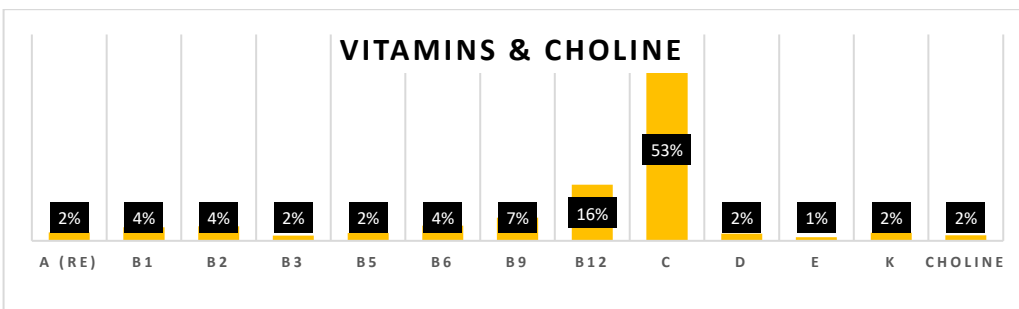
COCONUT SAMBOL
AS IT IS

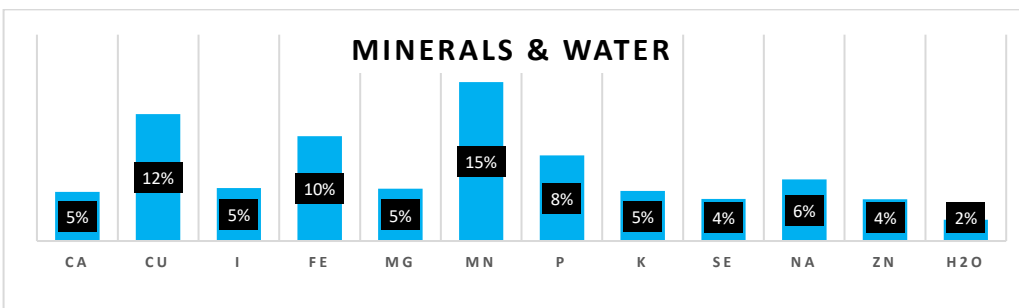
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 12:1



105kcal	7g	3g	2g	8.7g	7.47g	0.43g	0.26g	0.24g	0.02g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



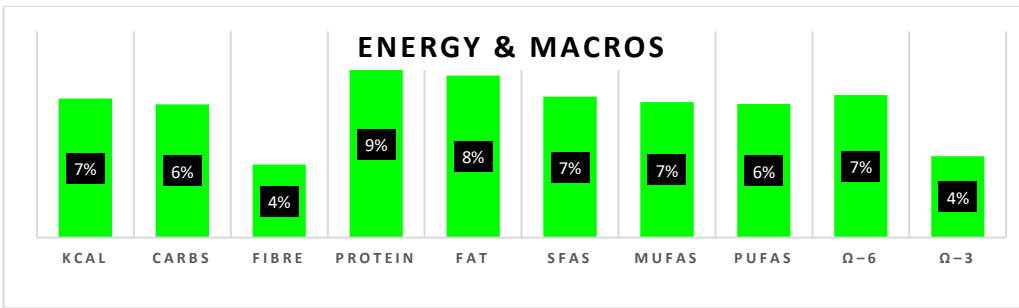


COFFEE ICE CREAM

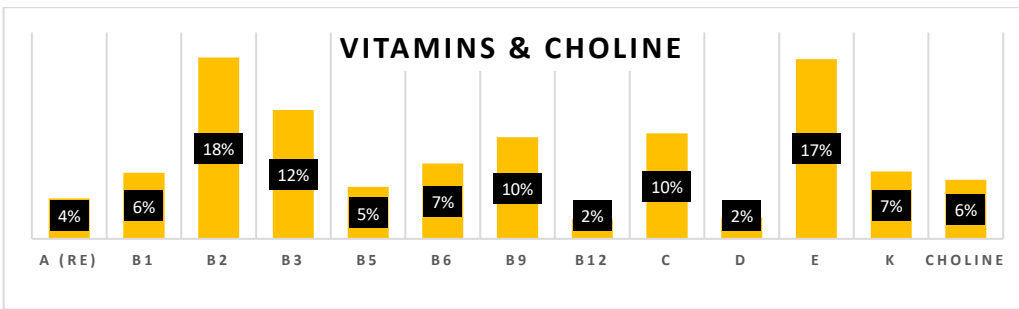
AS IT IS

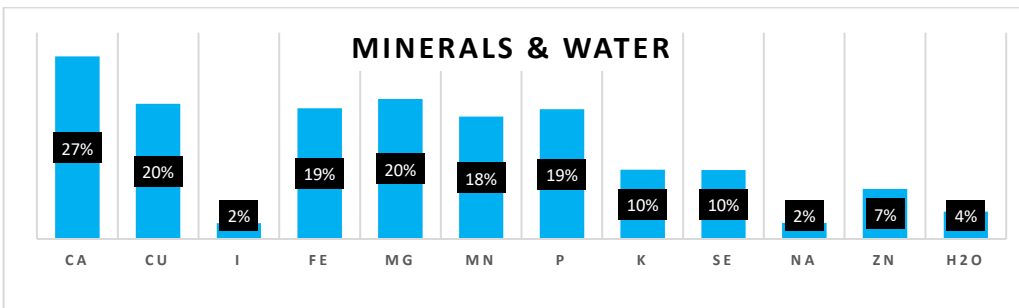
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



168kcal	29g	3g	7g	3.4g	0.65g	0.96g	1.23g	1.05g	0.15g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

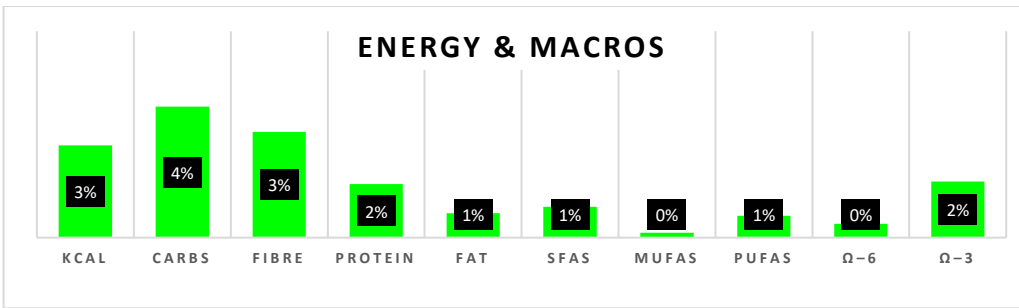




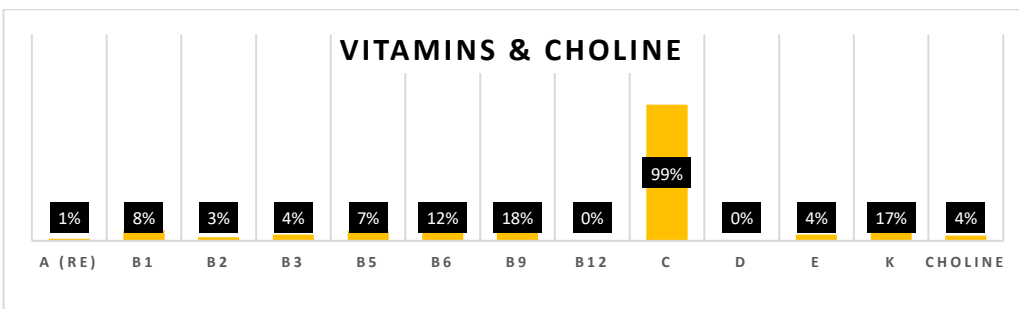
COOL SWEET SMOOTHIE
AS IT IS

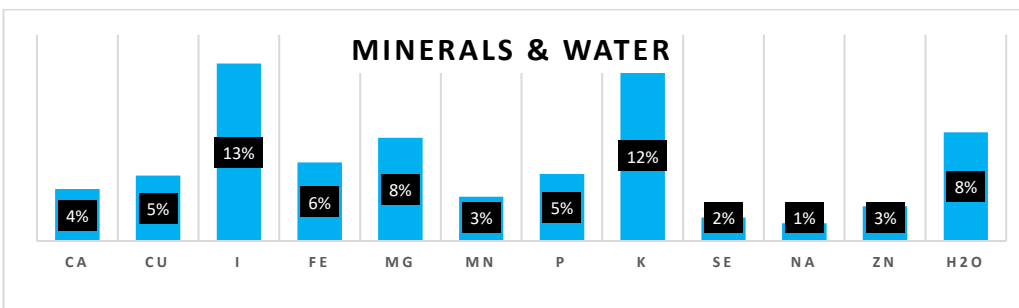
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



67kcal	17g	2g	1g	0.3g	0.09g	0.02g	0.12g	0.06g	0.06g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

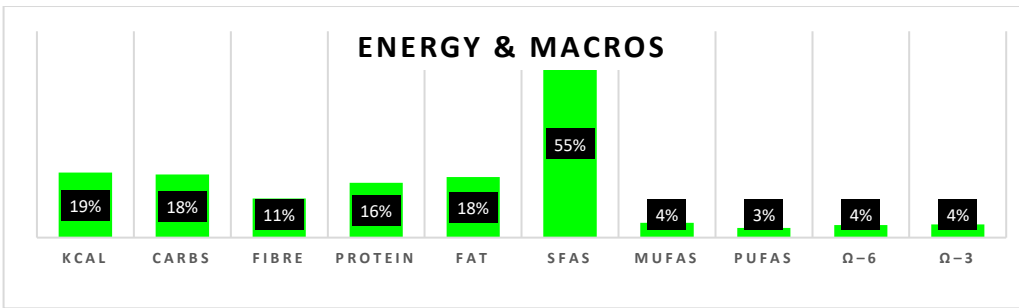




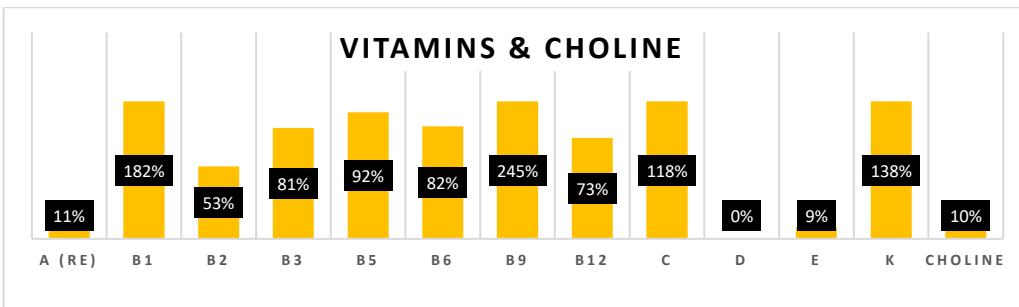
CREAMY FENNEL RISOTTO AS IT IS

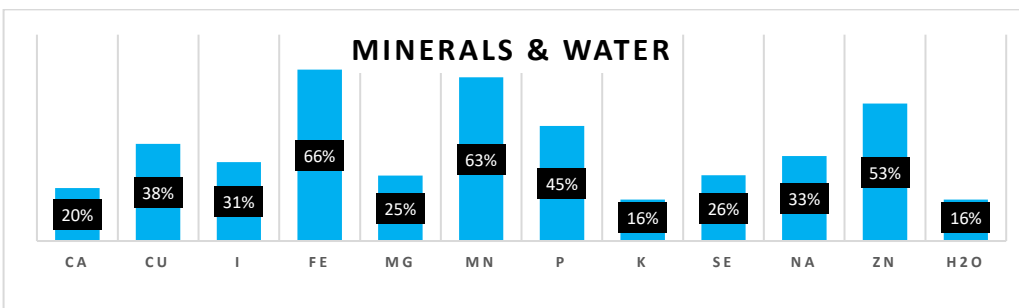
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



473kcal	83g	9g	12g	7.6g	5.17g	0.64g	0.53g	0.56g	0.15g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



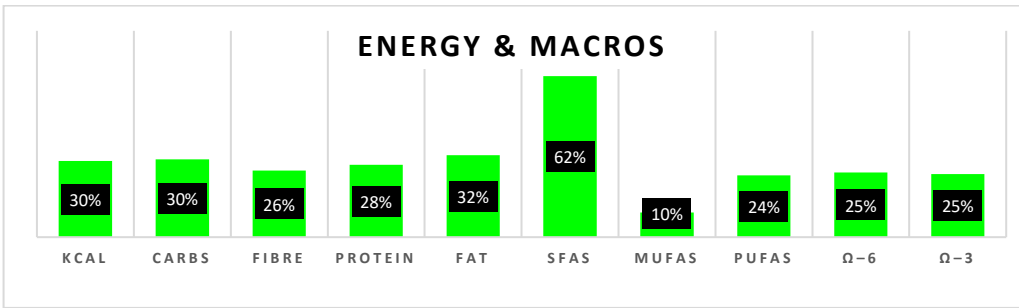


MEAL SUGGESTION

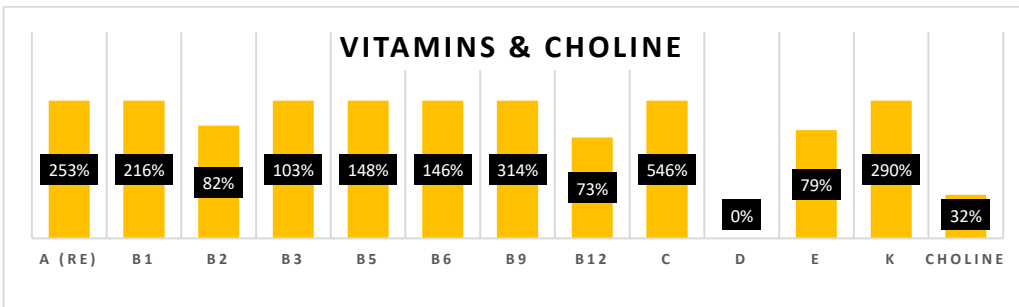
Creamy Fennel Risotto, Roast Sweet Potato
Steamed Broccoli & Cauliflower
Walnuts, Glass of Water

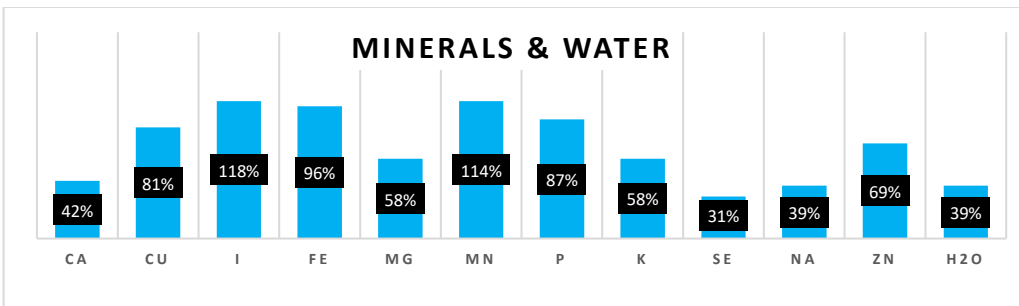
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



739kcal	136g	19g	22g	13.7g	5.91g	1.41g	4.53g	3.8g	0.93g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

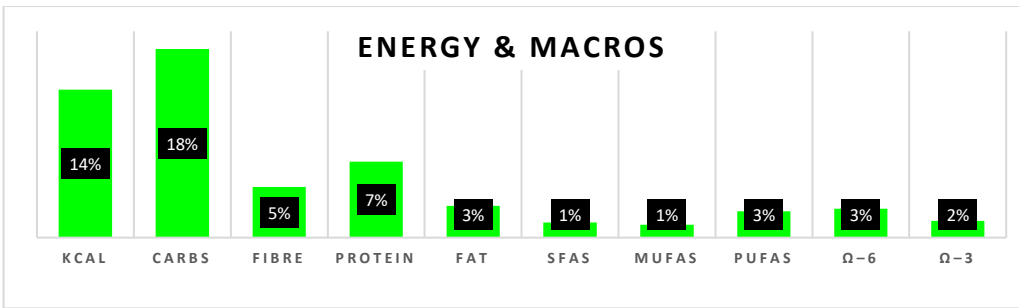




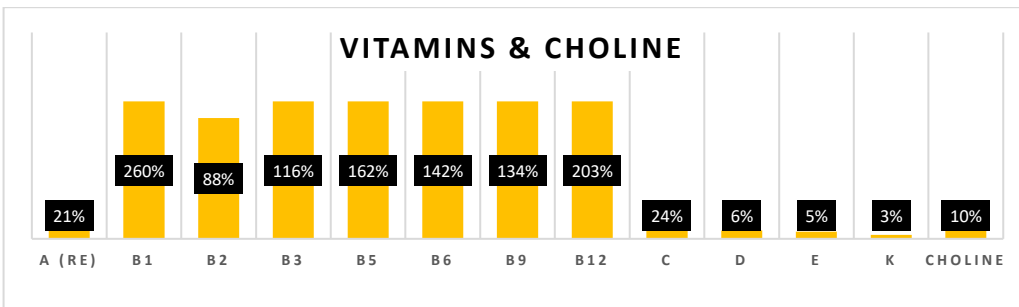
CUÑAPE
AS IT IS

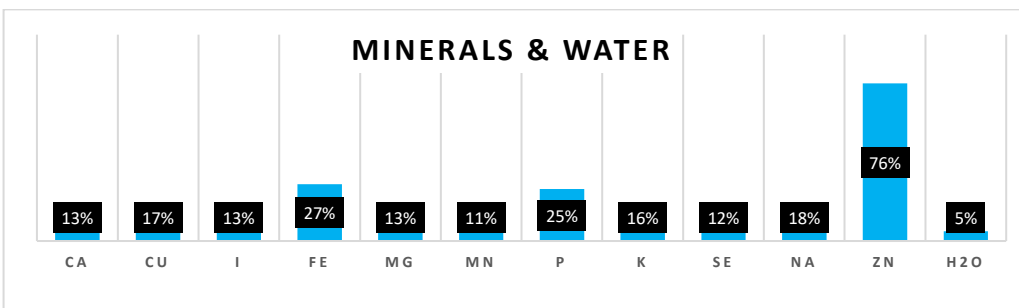
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



359kcal	82g	4g	6g	1.3g	0.14g	0.18g	0.48g	0.42g	0.06g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



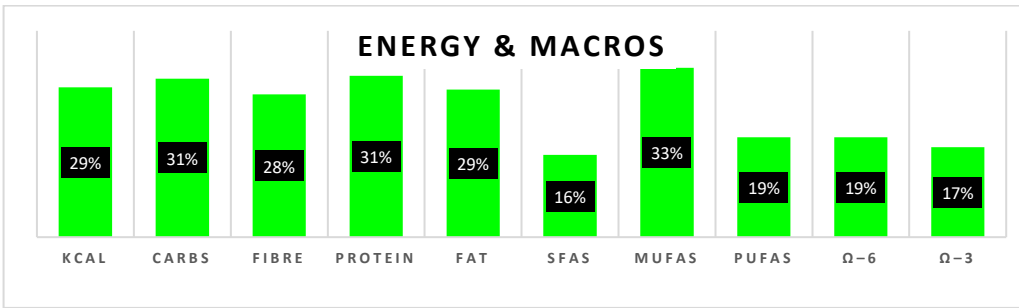


MEAL SUGGESTION

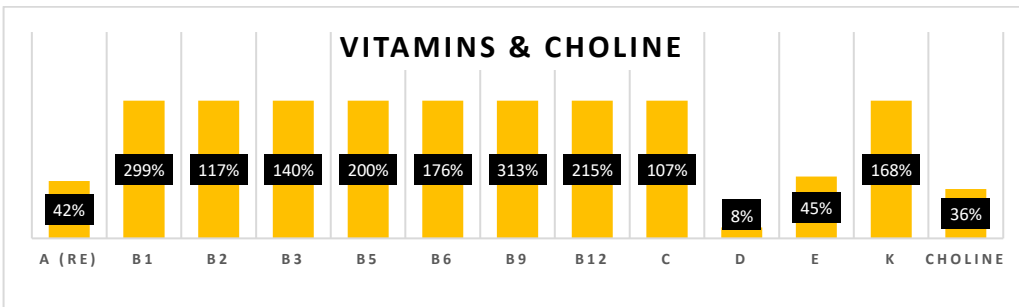
Cunape, Healthier Houmous *(see recipe),* Ground Linseed
Rocket, Avocado, Sundried Tomatoes
Glass of Water

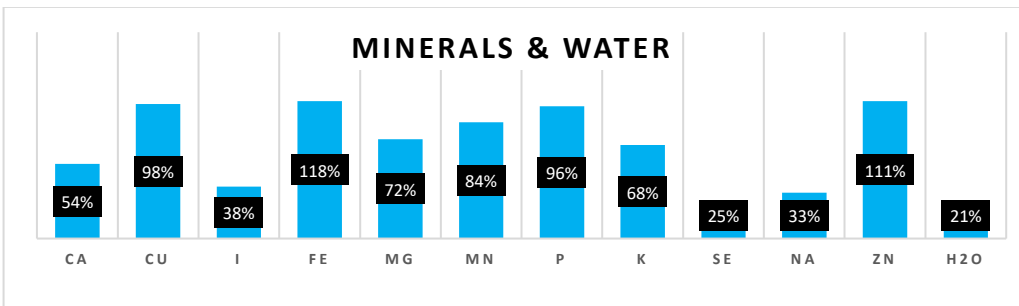
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4.1



725kcal	138g	21g	24g	12.3g	1.51g	4.81g	3.67g	2.93g	0.66g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

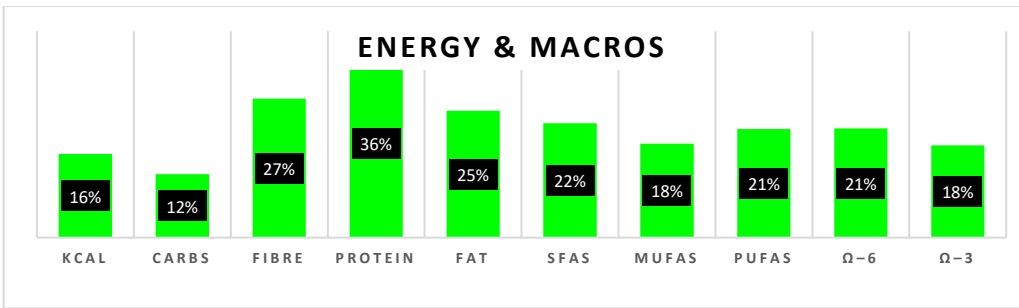




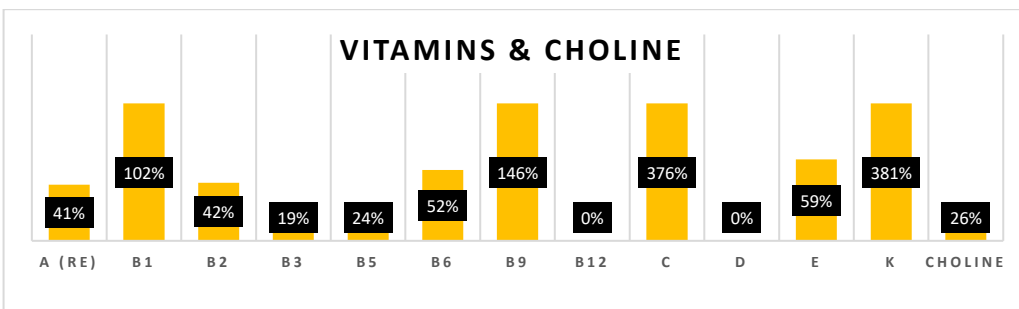
CURRY IN A HURRY AS IT IS

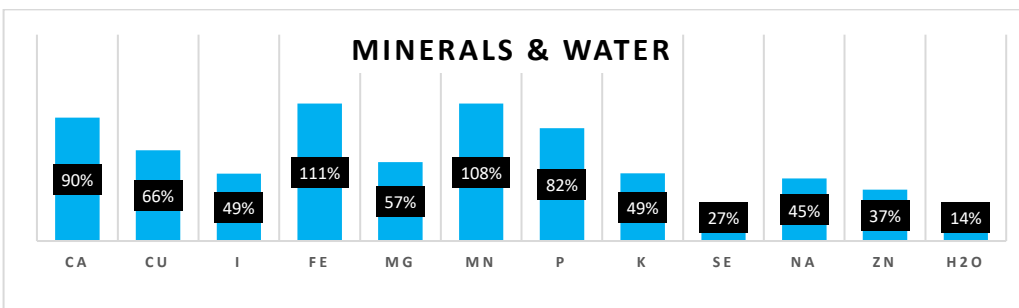
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



405kcal	55g	20g	28g	10.6g	2.1g	2.66g	3.99g	3.21g	0.68g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



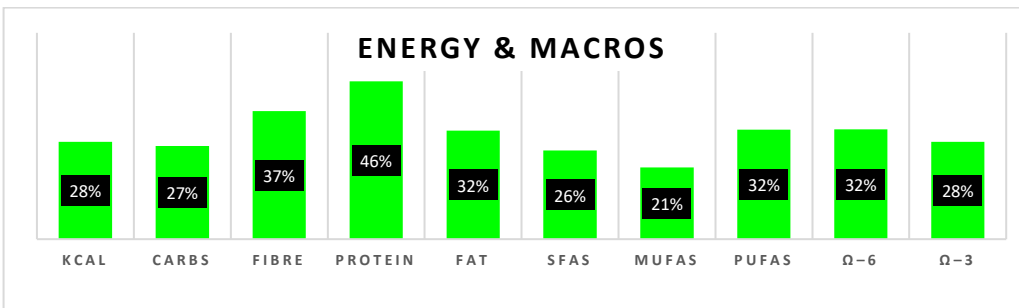


MEAL SUGGESTION

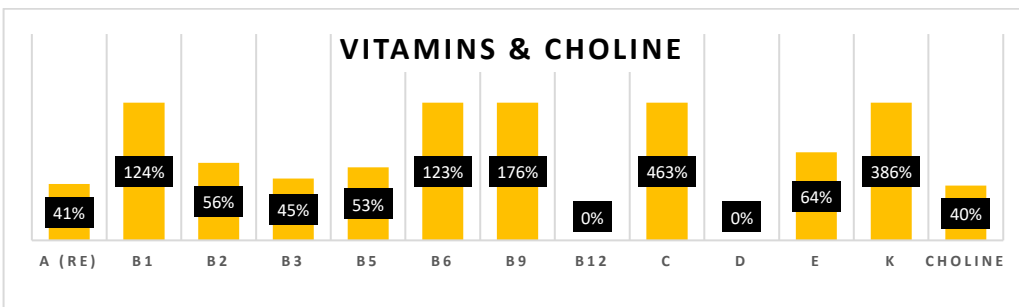
Curry in a Hurry, Baked or Steamed Potato
Walnuts, Glass of Water

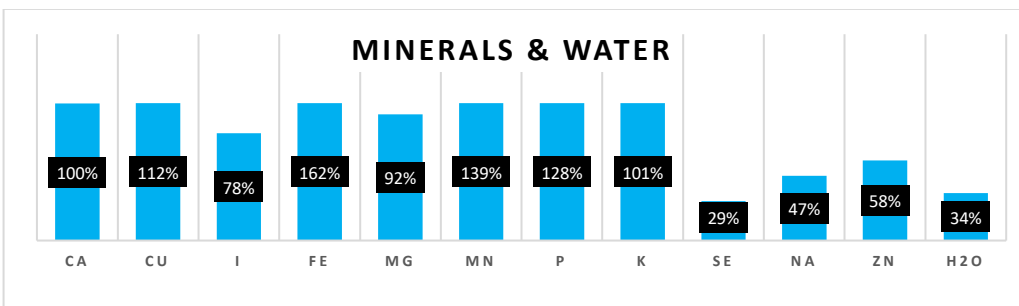
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



708kcal	122g	28g	36g	13.6g	2.44g	3.05g	6.04g	4.85g	1.07g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



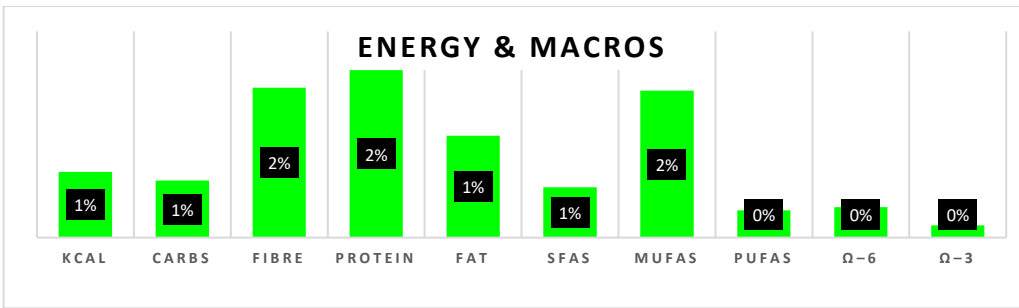


CURRY SPICE MIX

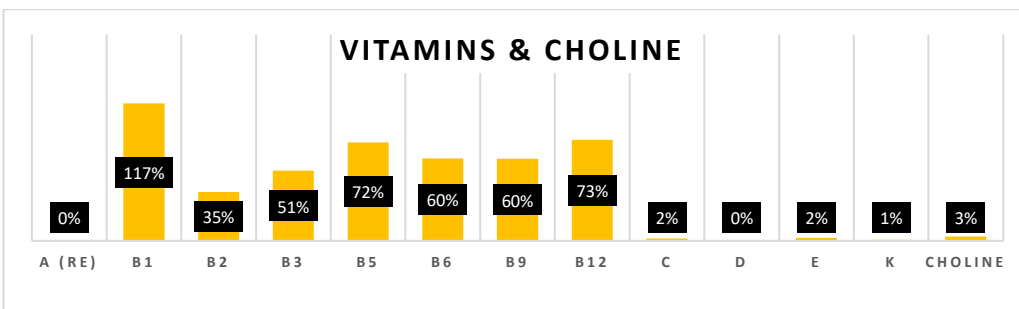
AS IT IS

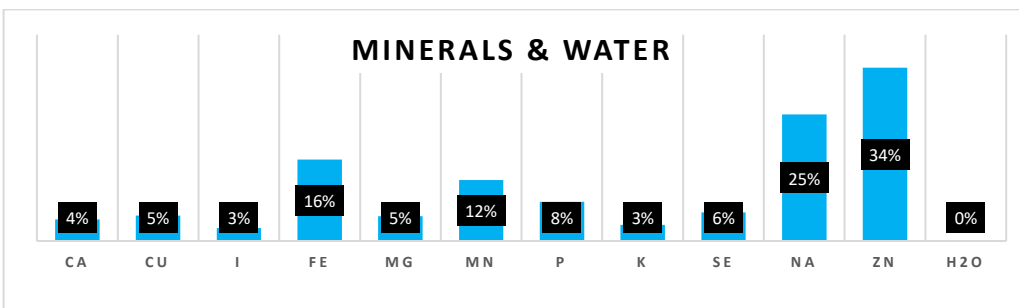
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



24kcal	4g	2g	2g	0.6g	0.07g	0.31g	0.07g	0.07g	0.01g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

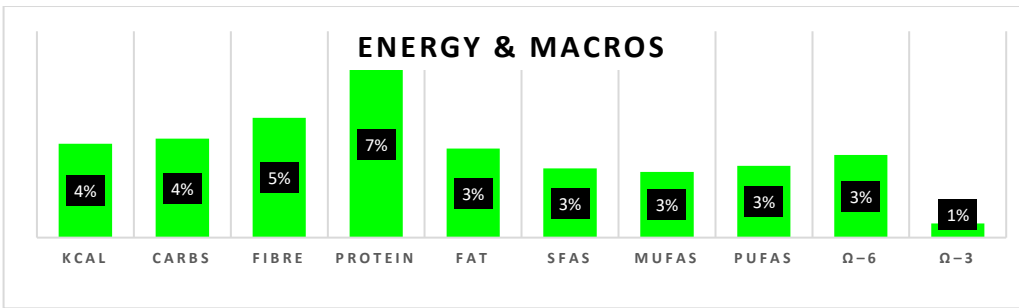




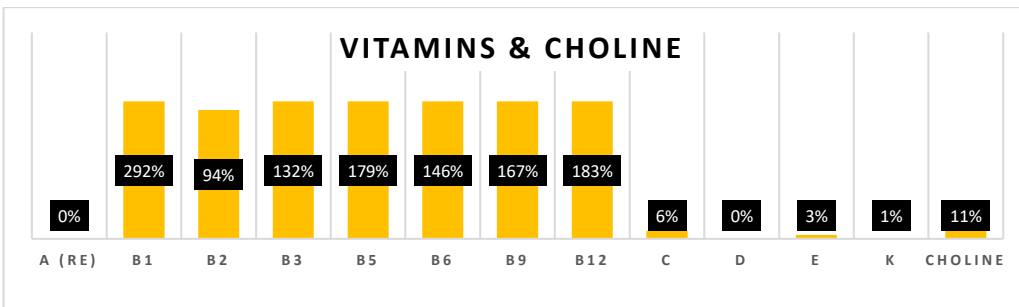
EASY CHEESY DIP
AS IT IS

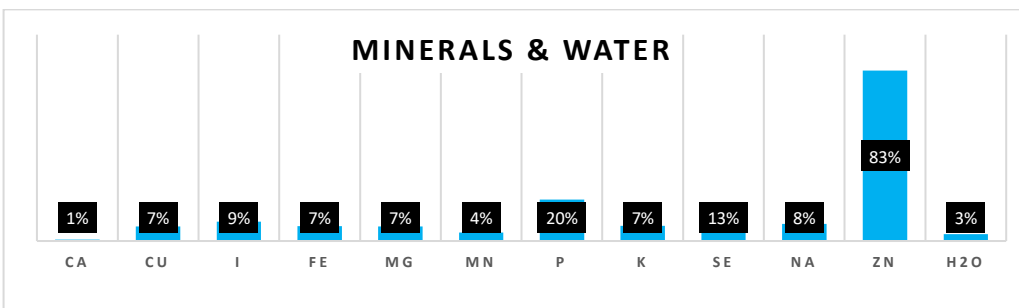
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 25:1



91kcal	17g	3g	6g	1.5g	0.25g	0.37g	0.53g	0.49g	0.02g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



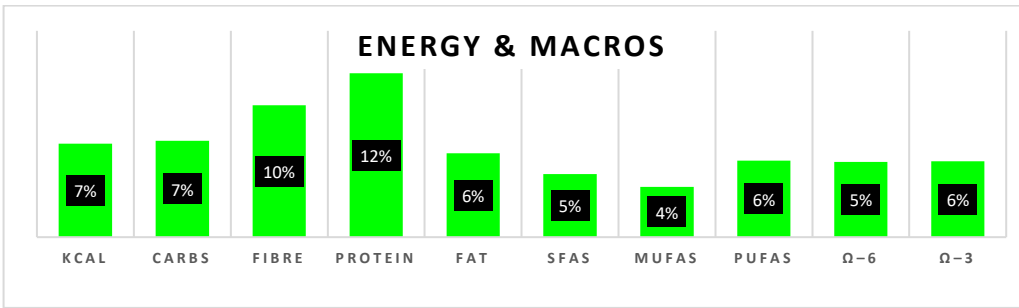


SNACK SUGGESTION

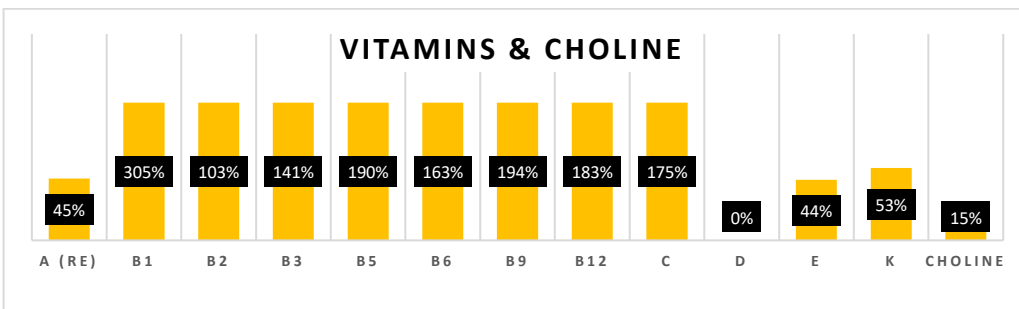
Easy Cheesy Dip, Sprinkle of Ground Linseed
Sliced Raw Carrot, Bell Pepper, Celery, Broccoli
Wholegrain Bread Sticks, Glass of Water

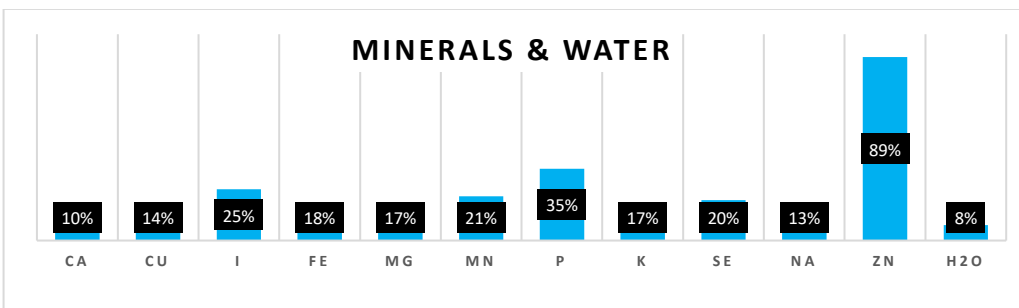
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



170kcal	32g	7g	9g	2.6g	0.43g	0.54g	1.05g	0.83g	0.21g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

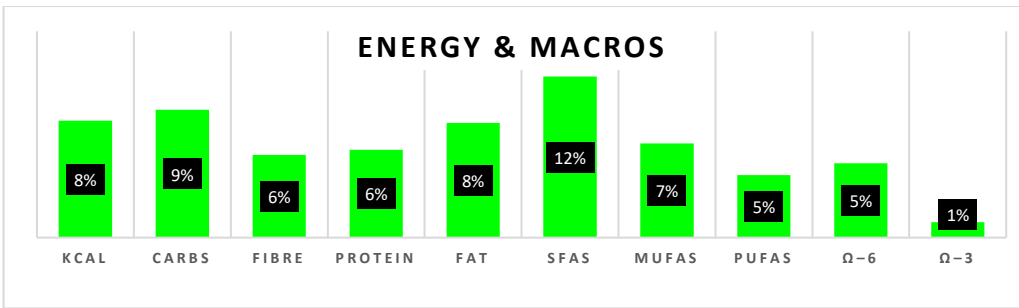




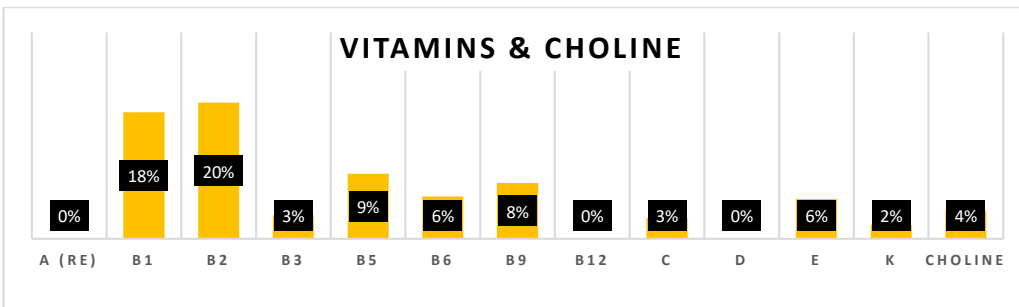
EASY FLAPJACK
AS IT IS

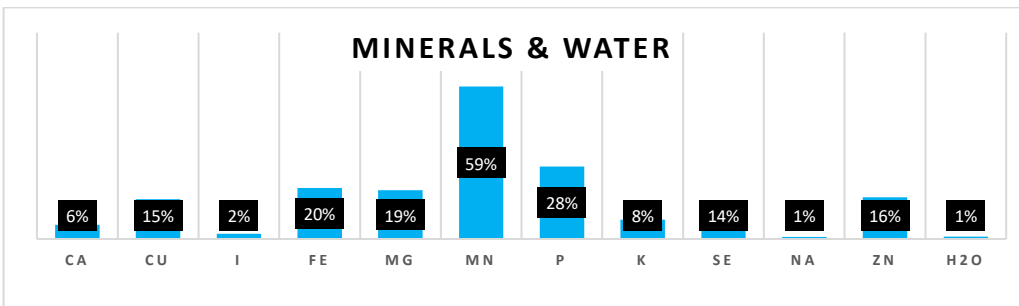
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 20:1



212kcal	42g	5g	5g	3.6g	1.11g	1g	0.86g	0.82g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

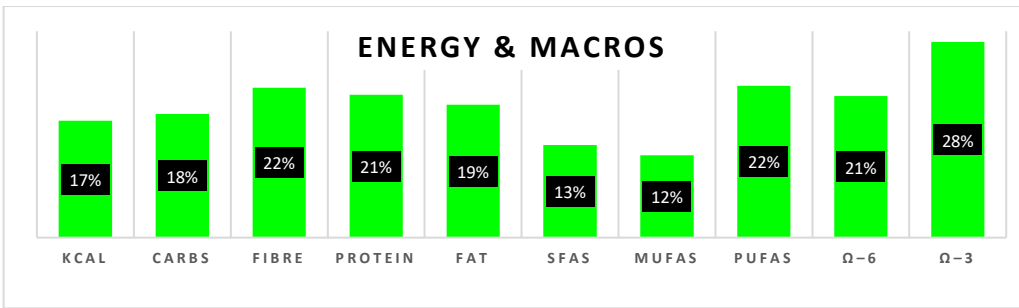




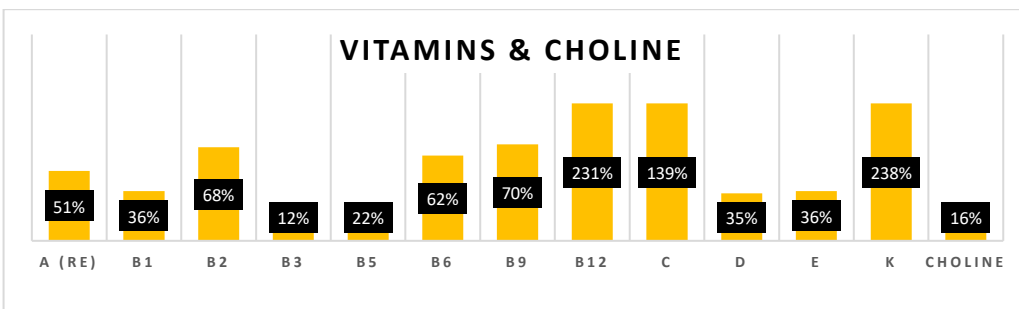
EASY GREEN SMOOTHIE
AS IT IS

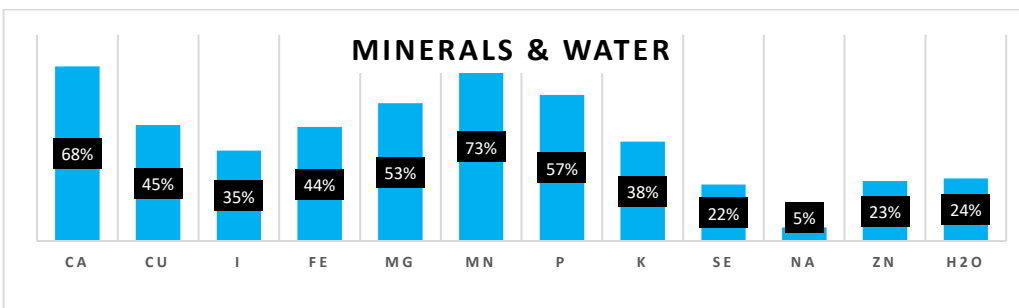
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements. Chew on 50g of sundried tomatoes *(dry pack, not with oil),* to boost all 'B Vitamins and push Choline over 30%

Omega 6 to Omega 3 ratio = 3:1



425kcal	81g	16g	16g	8.3g	1.28g	1.75g	4.18g	3.12g	1.08g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



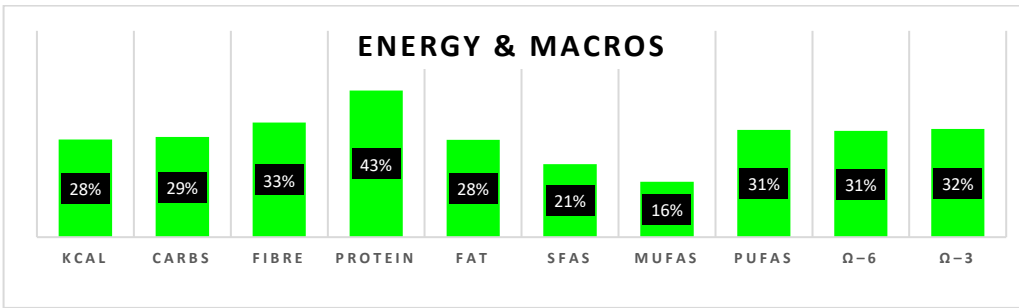


MEAL SUGGESTION

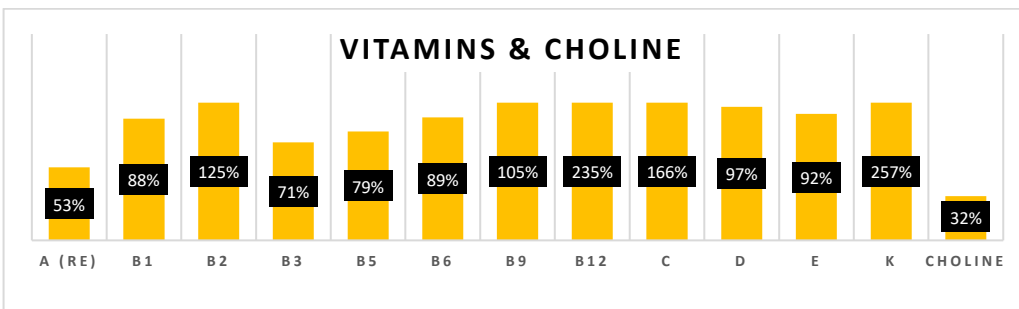
Easy Green Smoothie, Wholegrain Bread
Sundried Tomatoes, Mushrooms *(Try the Meaty Mushrooms recipe)*
Glass of Water

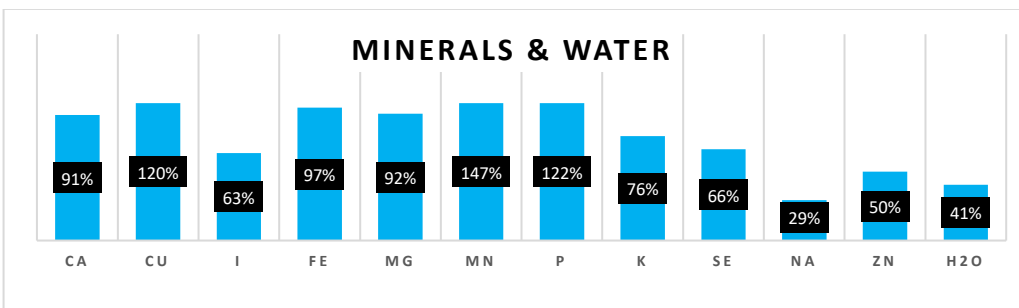
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



710kcal	131g	25g	33g	12.2g	2.01g	2.35g	5.91g	4.68g	1.19g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

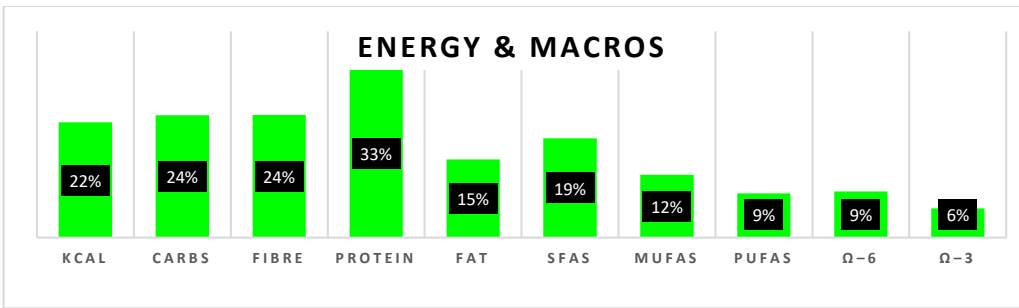




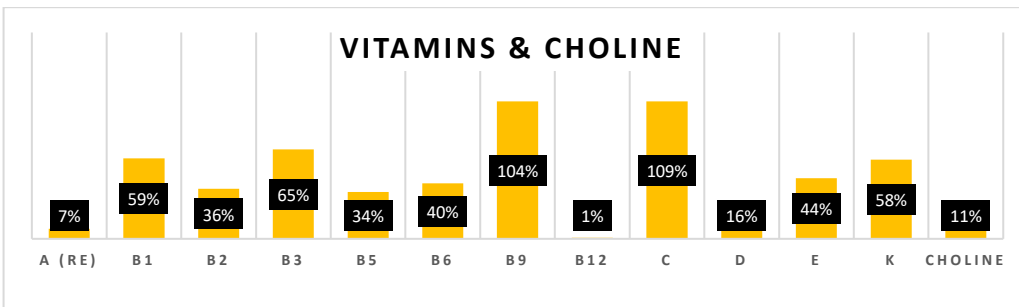
EASY ITALIAN AS IT IS

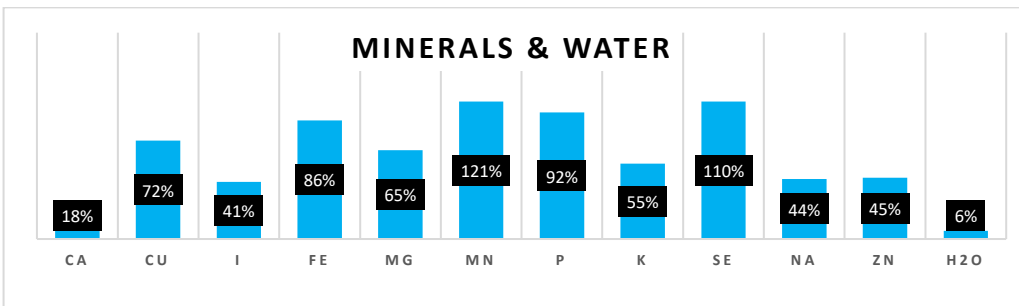
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



558kcal	107g	18g	25g	6.5g	1.83g	1.78g	1.62g	1.36g	0.21g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



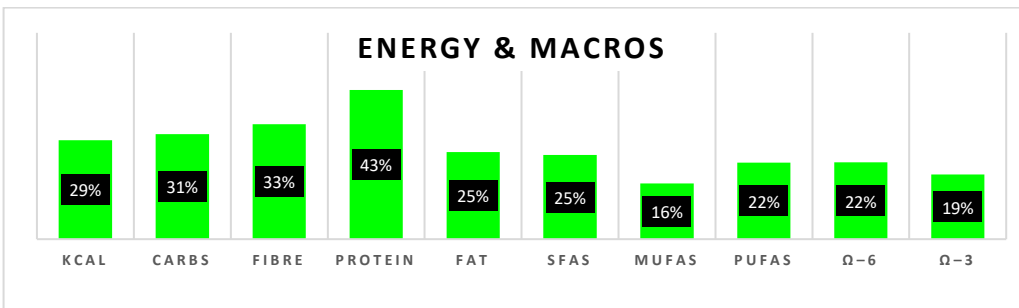


MEAL SUGGESTION

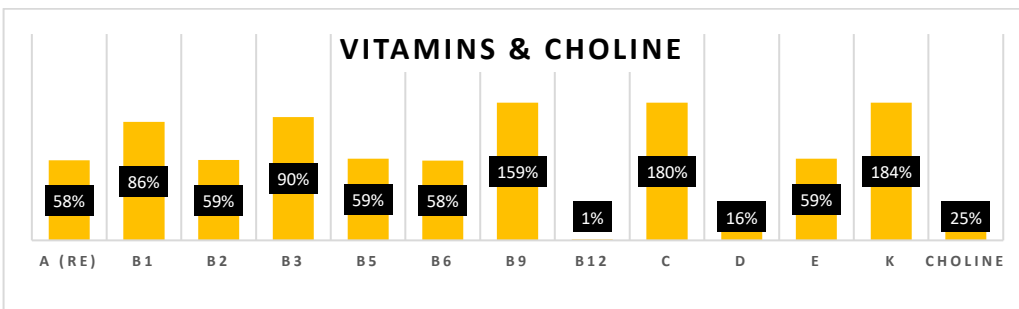
Easy Italian
Rocket *(Arugula)* Carrot, Sundried Tomatoes, Walnuts
Glass of Water

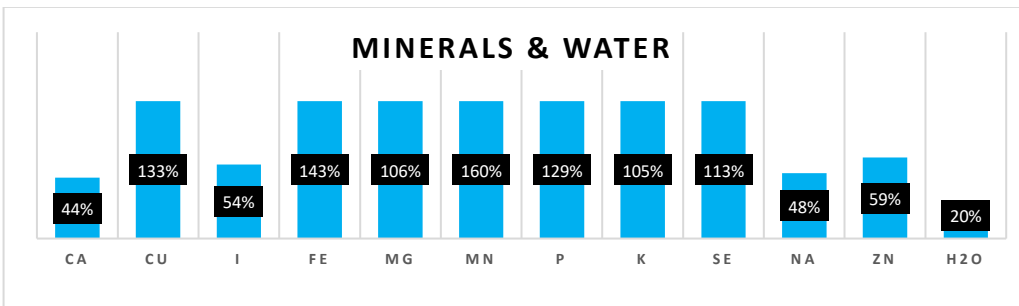
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



719kcal	137g	25g	34g	10.9g	2.32g	2.37g	4.22g	3.38g	0.71g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

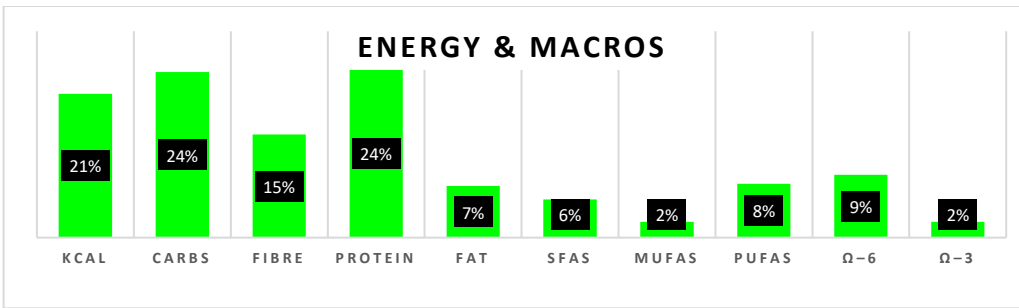




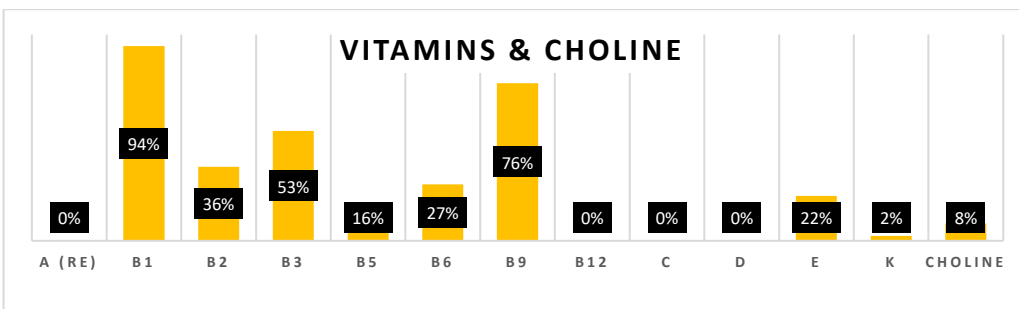
EASY SOURDOUGH BREAD AS IT IS

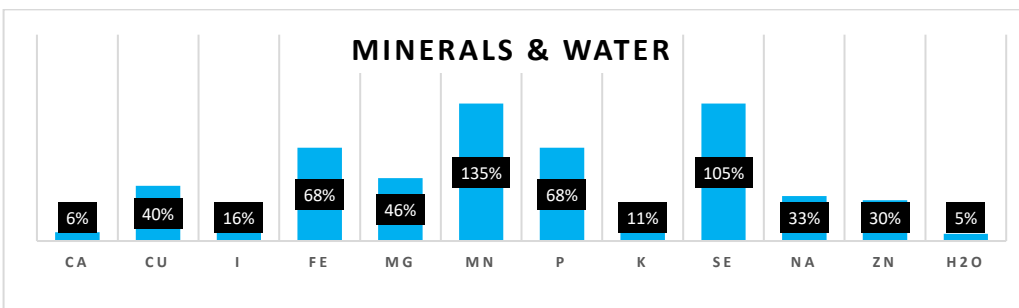
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 15:1



523kcal	108g	11g	19g	3.2g	0.53g	0.33g	1.48g	1.39g	0.09g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



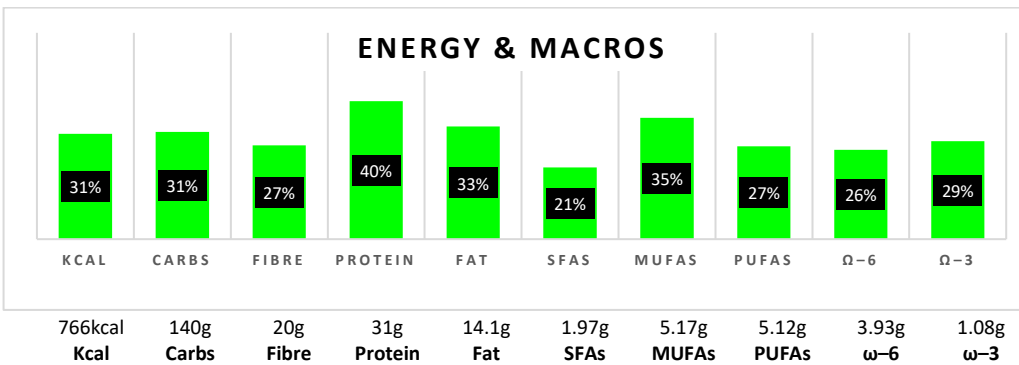


MEAL SUGGESTION

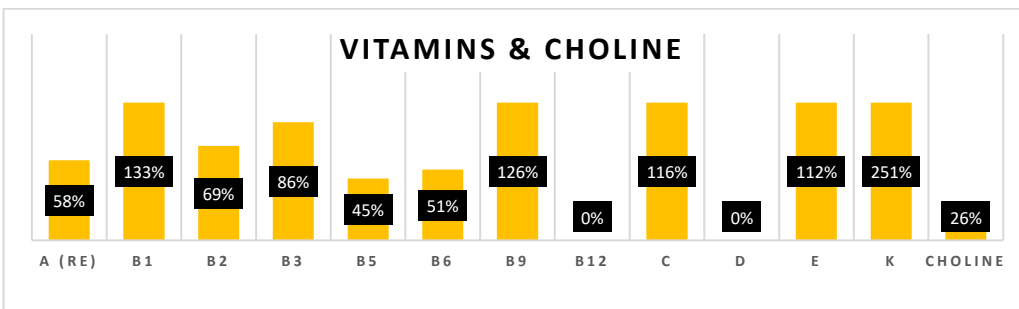
Easy Sourdough Bread
Almond or Peanut Butter & Ground Linseed Mixed
Rocket *(Arugula)*, Watercress, Sundried Tomatoes, Carrot, Glass of Water

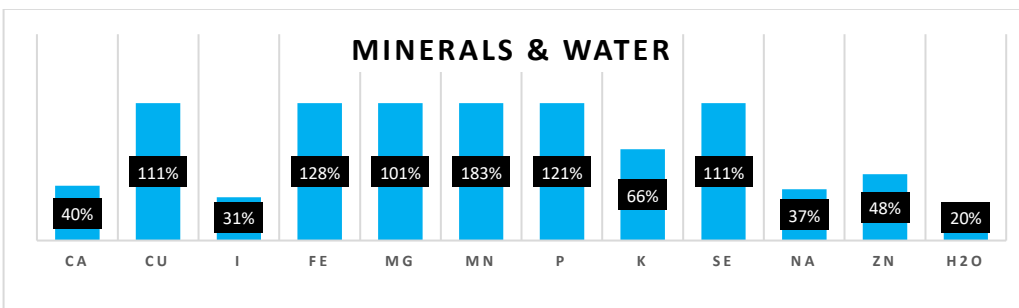
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



766kcal	140g	20g	31g	14.1g	1.97g	5.17g	5.12g	3.93g	1.08g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

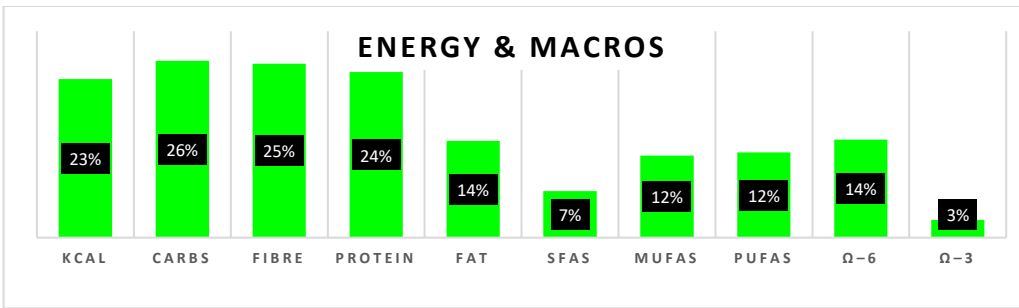




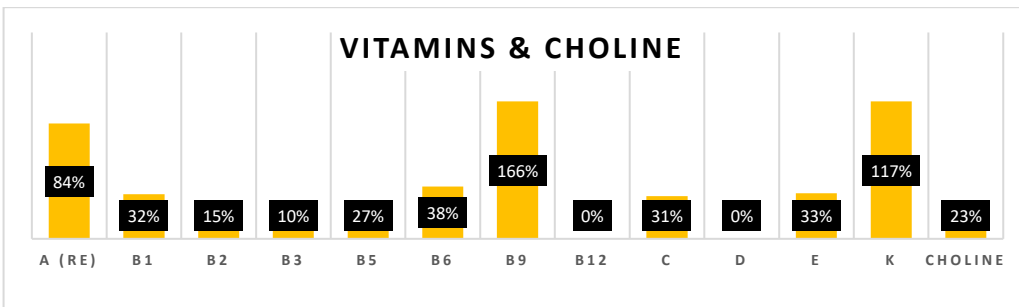
FALAFELS IN THE OVEN AS IT IS

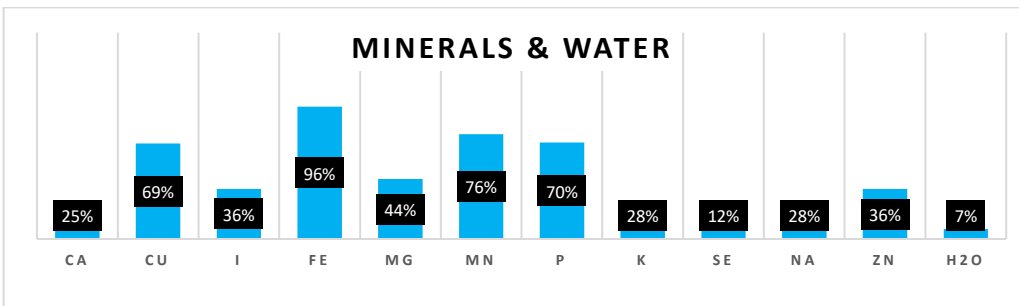
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 22:1



576kcal	116g	19g	19g	6.1g	0.64g	1.75g	2.34g	2.16g	0.1g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



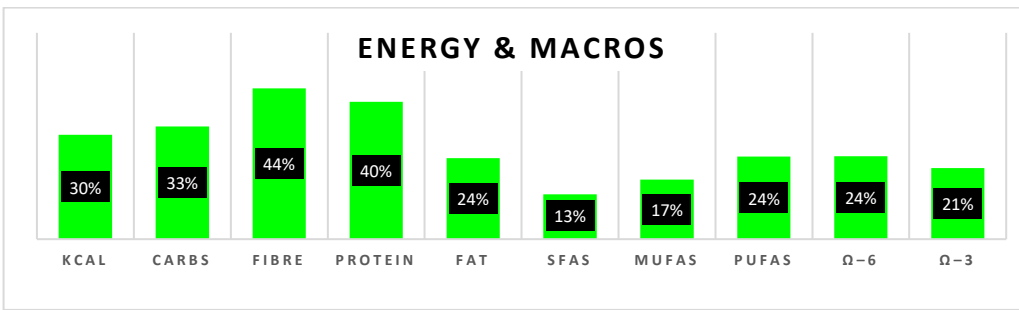


MEAL SUGGESTION

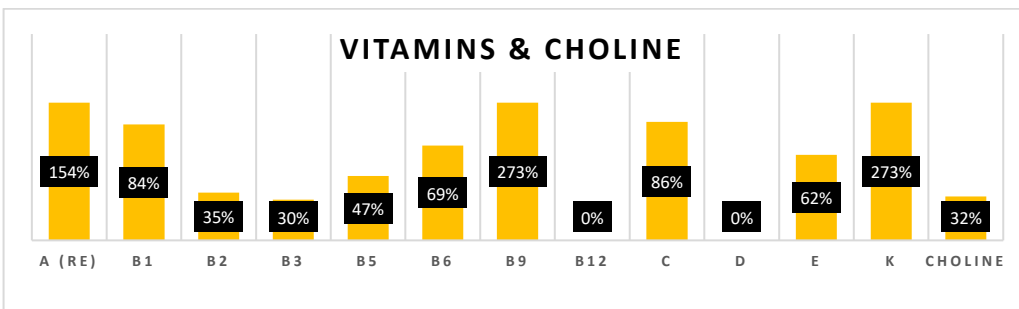
Falafels in the Oven, Wholegrain Wraps/Flatbread
Romaine Lettuce, Cucumber, Tomato
Glass of Water

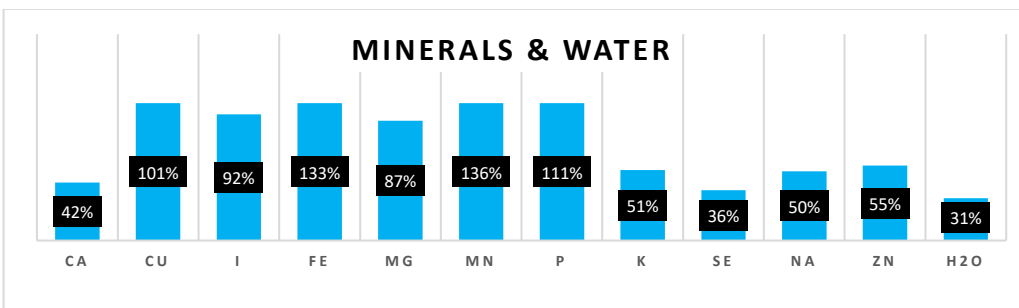
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



759kcal	148g	33g	31g	10.2g	1.23g	2.54g	4.55g	3.65g	0.78g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

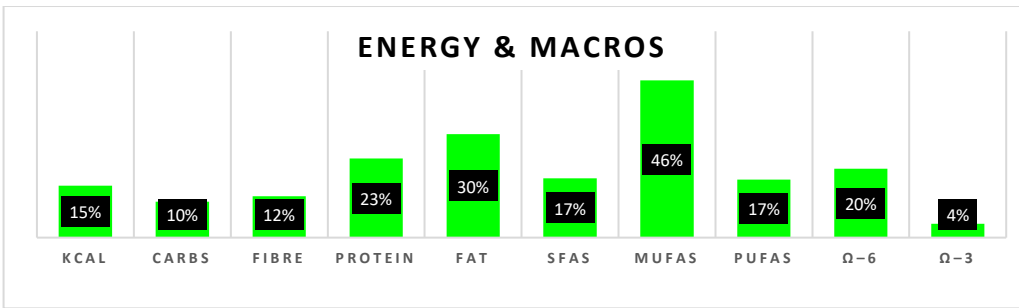




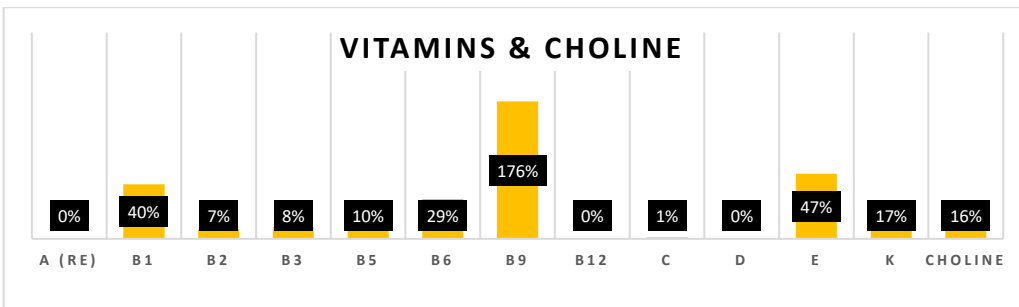
FARINATA
AS IT IS

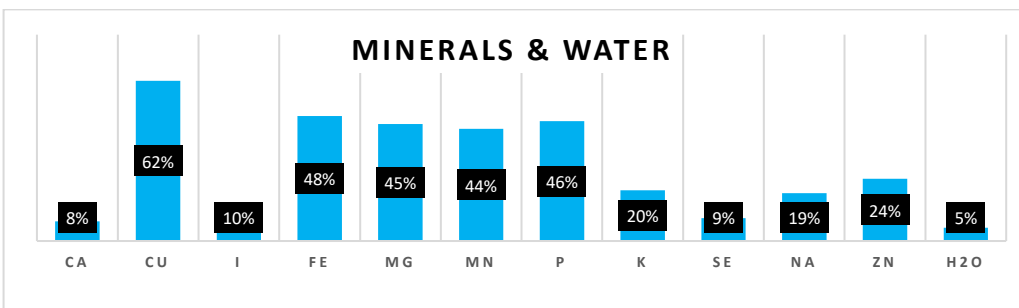
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 20:1



379kcal	47g	9g	18g	13g	1.64g	6.69g	3.19g	3.04g	0.15g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



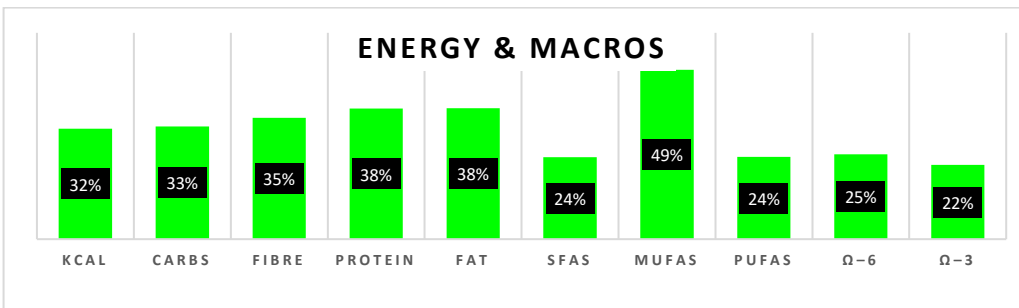


MEAL SUGGESTION

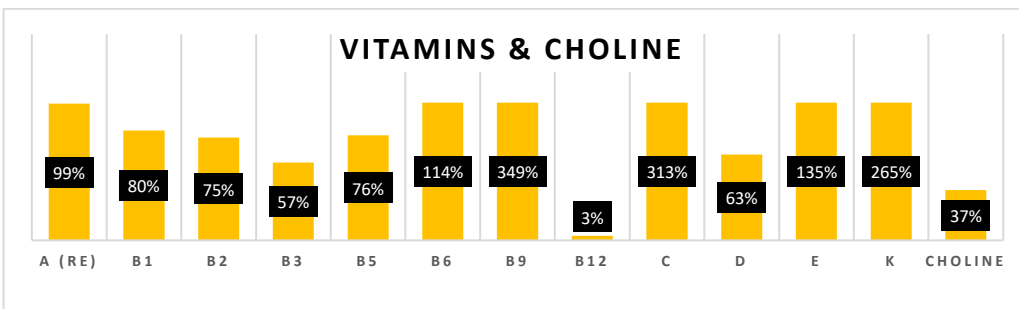
Farinata, Meaty Mushrooms *(see our recipe)*,
Romaine lettuce, Rocket *(Arugula),* Spring Onion, Tomatoes, Ground Flaxseed
Mango, Apple & Banana Fruit Salad, Glass of water

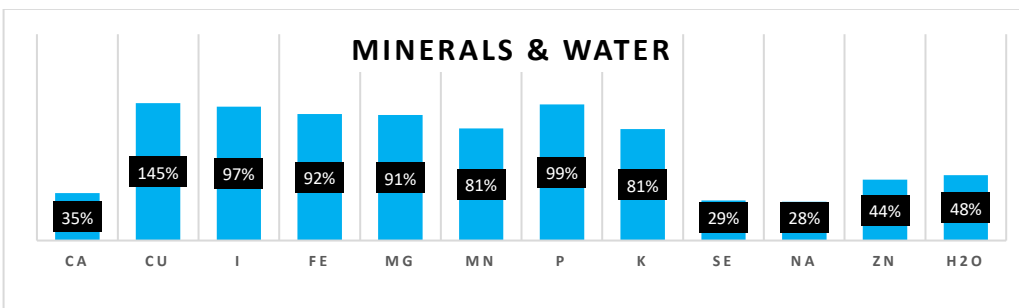
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



803kcal	148g	26g	30g	16.4g	2.26g	7.21g	4.53g	3.74g	0.82g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



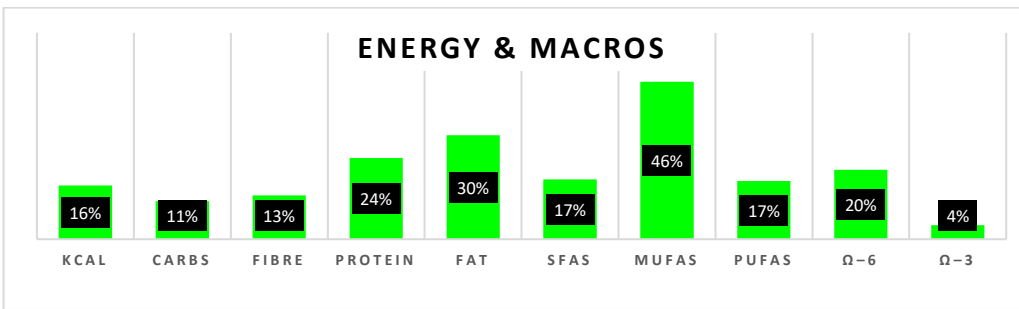


FARINATA 'PIZZA'

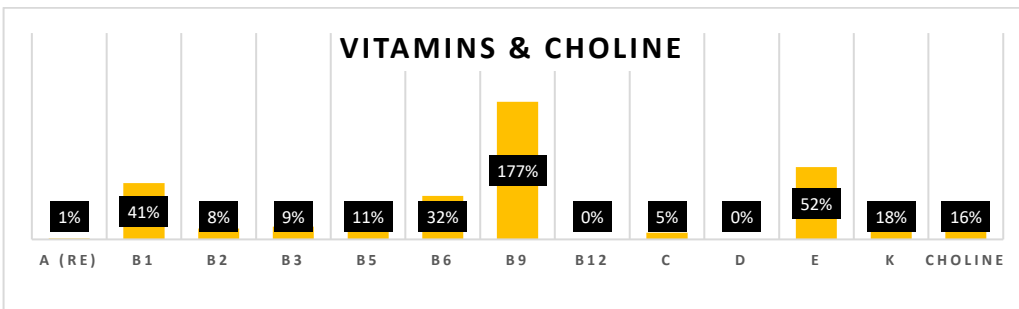
AS IT IS

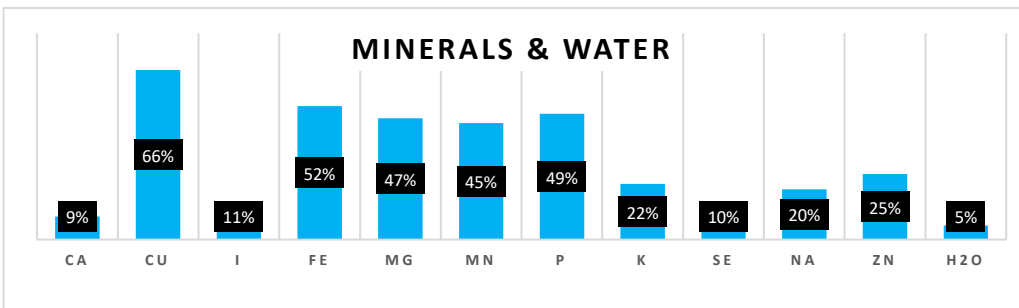
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 20:1



391kcal	50g	10g	18g	13g	1.65g	6.7g	3.21g	3.05g	0.15g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



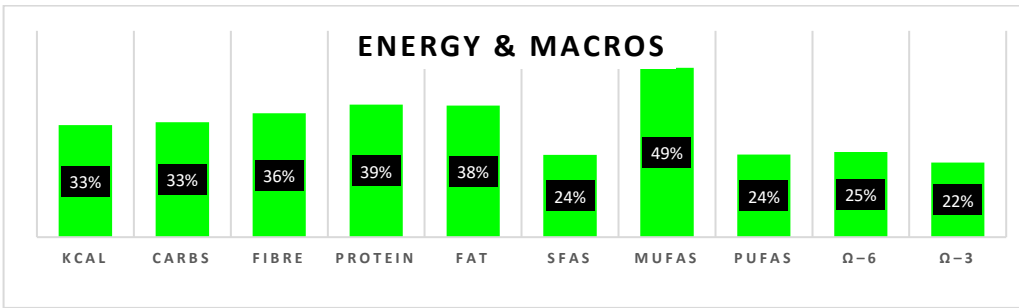


MEAL SUGGESTION

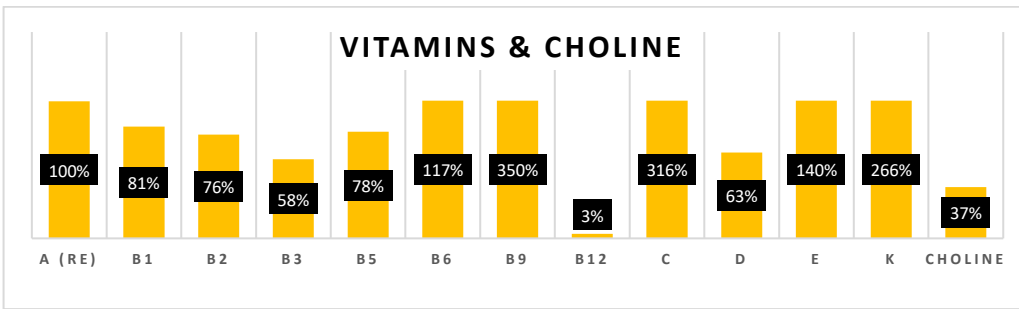
Farinata 'Pizza', Meaty Mushrooms *(see our recipe)*
Romaine lettuce, Rocket *(Arugula),* Spring Onion, Tomatoes, Ground Linseed
Mango, Apple & Banana Fruit Salad, Glass of water

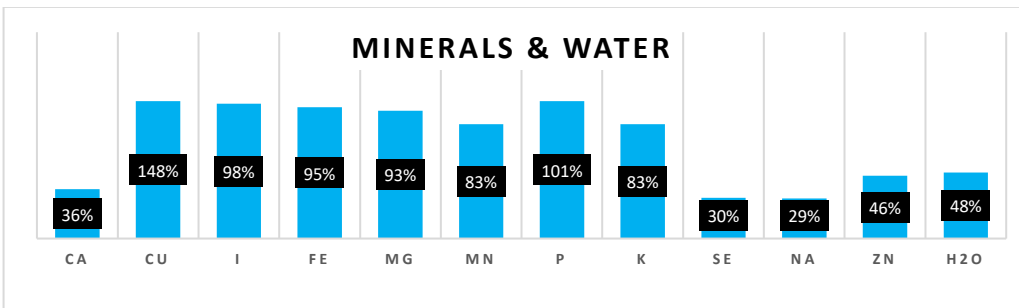
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



816kcal	150g	27g	30g	16.5g	2.27g	7.22g	4.55g	3.75g	0.82g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



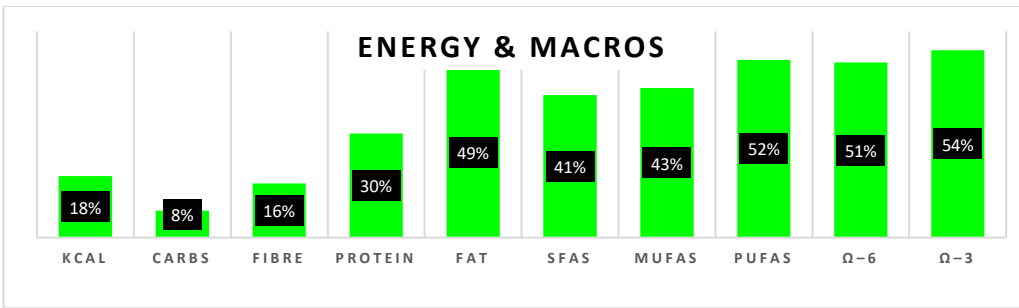


FIVE SPICE STIR FRY

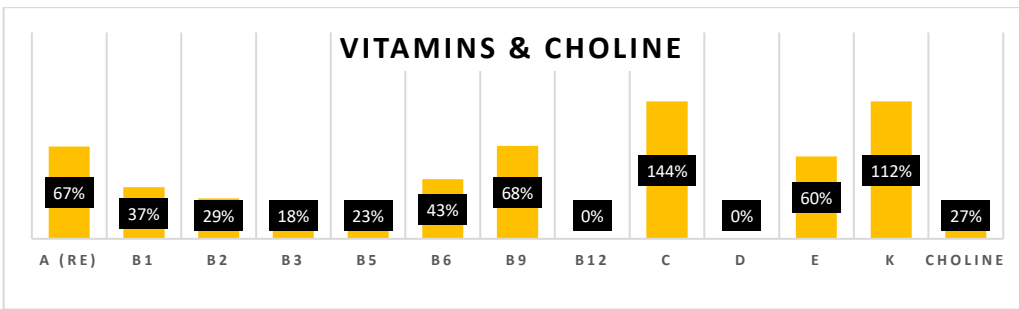
AS IT IS

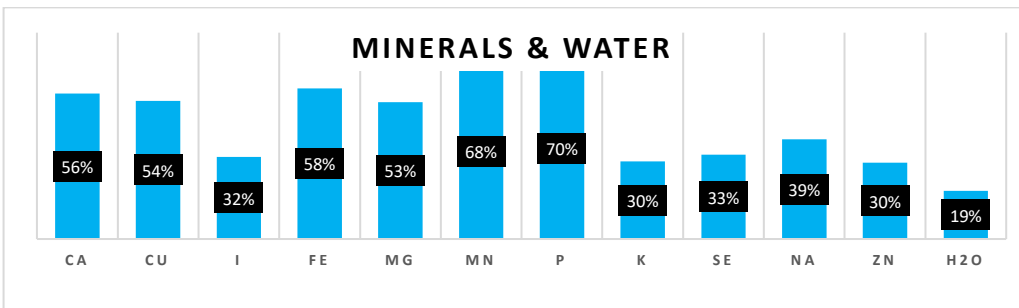
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



447kcal	35g	12g	24g	21.3g	3.92g	6.36g	9.79g	7.71g	2.06g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



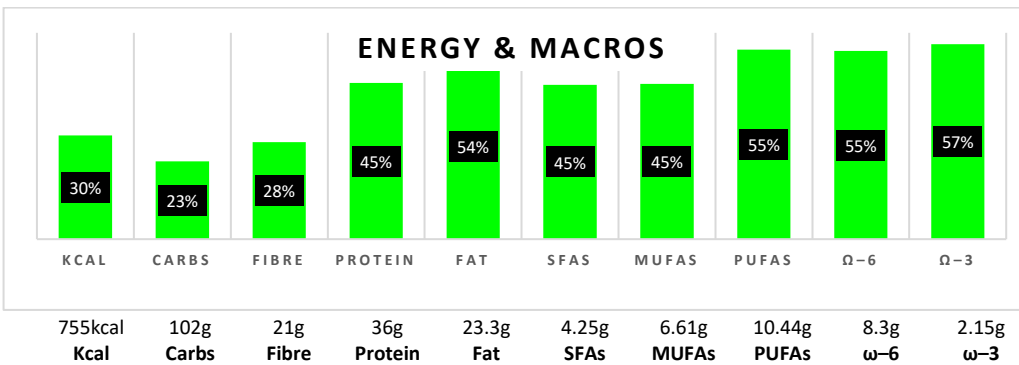


MEAL SUGGESTION

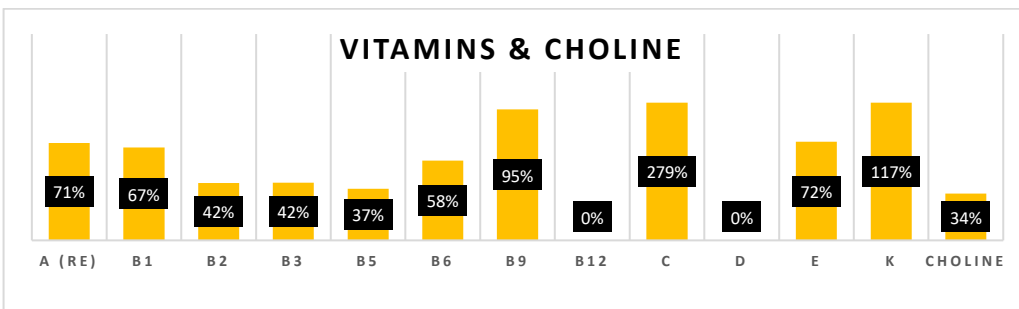
Five Spice Stir Fry
Wholegrain or Soba Noodles
Fruit Salad, Glass of Water

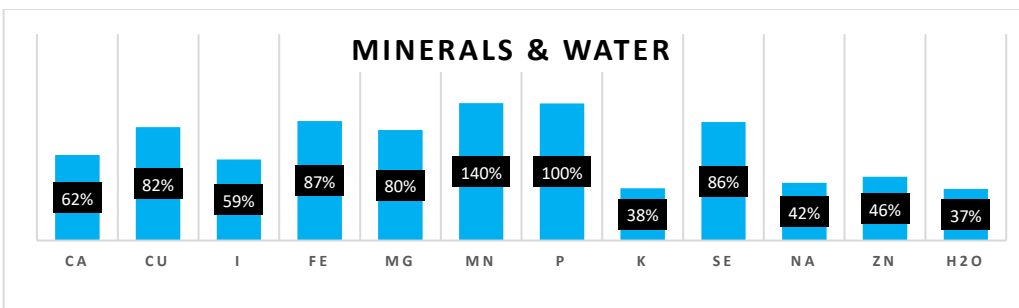
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



755kcal	102g	21g	36g	23.3g	4.25g	6.61g	10.44g	8.3g	2.15g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



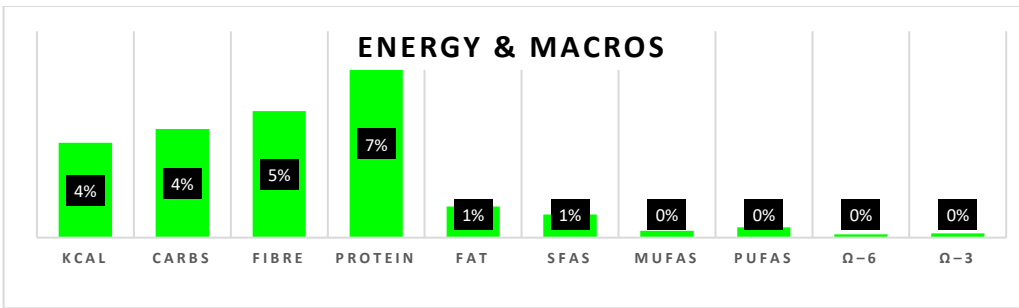


GARLIC & SAGE PASTA SAUCE

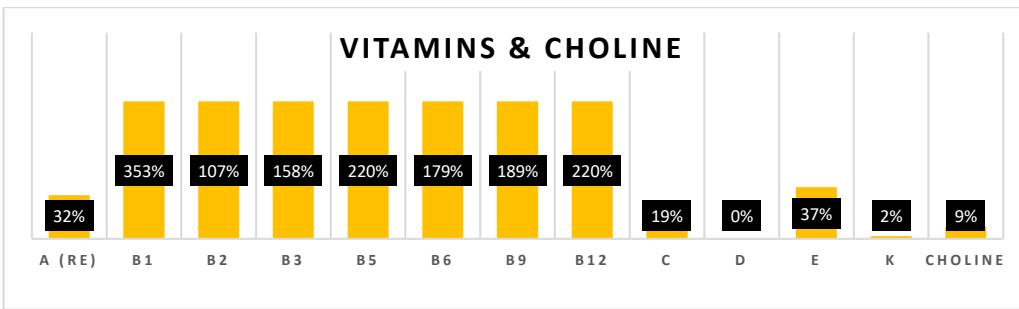
AS IT IS

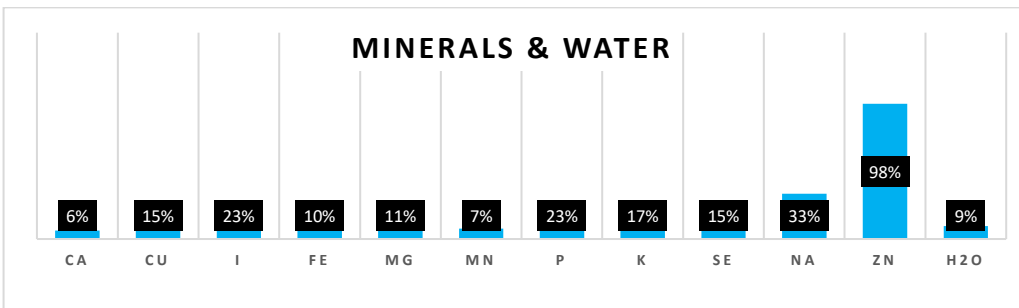
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



92kcal	19g	4g	6g	0.5g	0.09g	0.04g	0.08g	0.02g	0.006g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



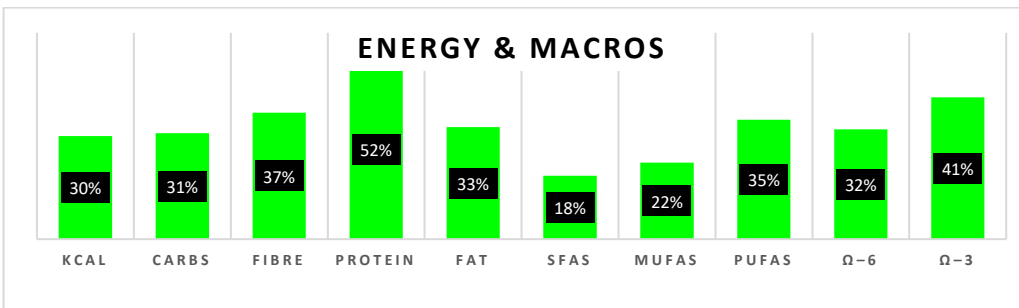


MEAL SUGGESTION

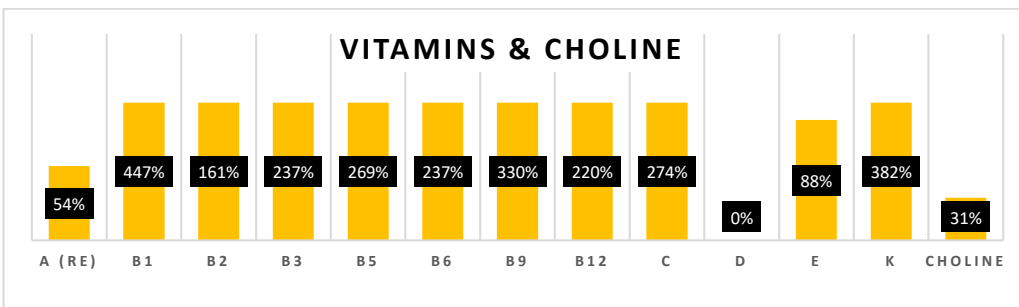
Garlic & Sage Pasta Sauce, Wholegrain or Bean-based Pasta
Brussel Sprouts, Kale, Sun Dried Tomatoes, Olives, Walnuts
Glass of Water

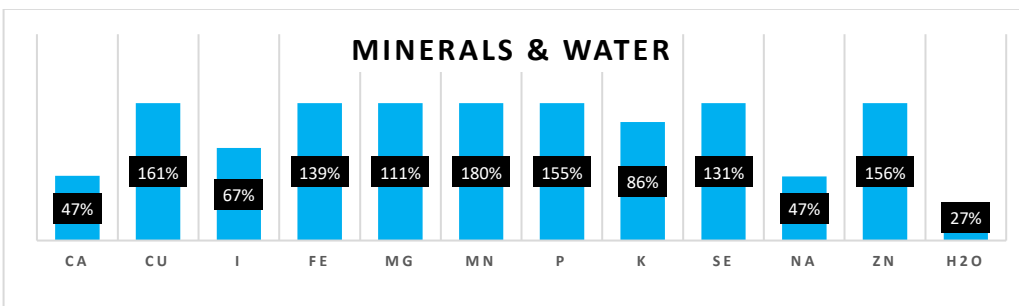
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



750kcal	139g	28g	41g	14g	1.74g	3.26g	6.58g	4.84g	1.56g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

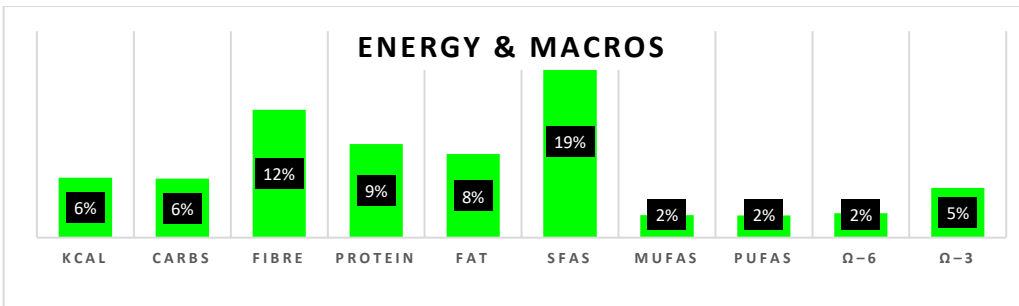




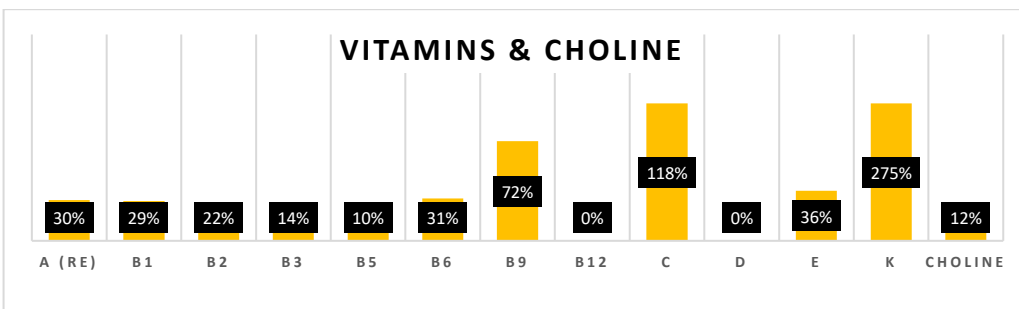
GREEN BEAN CURRY
AS IT IS

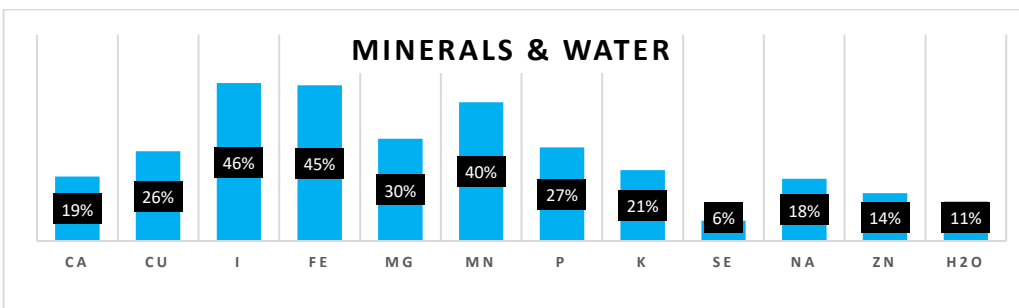
Nutrient data is worked out per 'SIDE' portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 2:1



145kcal	26g	9g	7g	3.5g	1.77g	0.32g	0.41g	0.36g	0.18g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



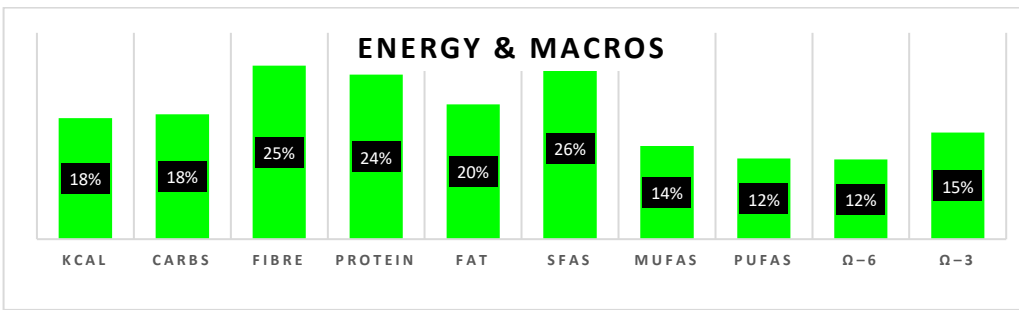


SNACK SUGGESTION

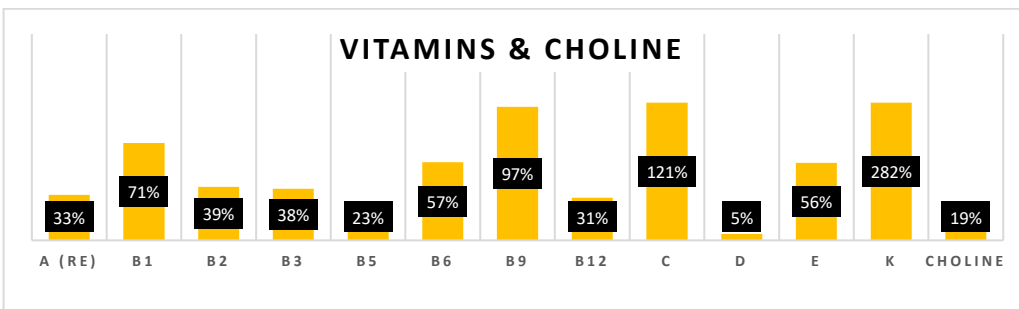
Green Bean Curry, Ground Linseed
Chapatis *(See our recipe),* or Wholegrain Bread with Avocado
Glass of Water

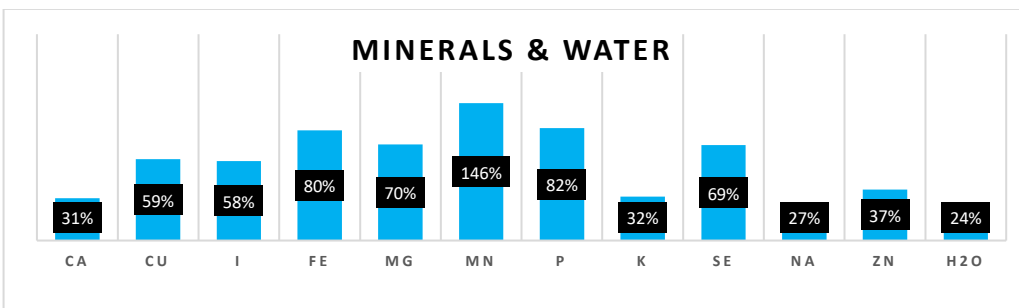
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



439kcal	82g	19g	19g	8.4g	2.5g	1.98g	2.22g	1.76g	0.59g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

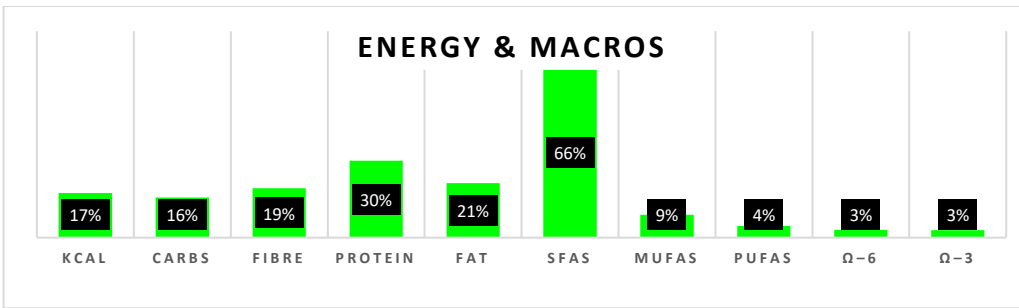




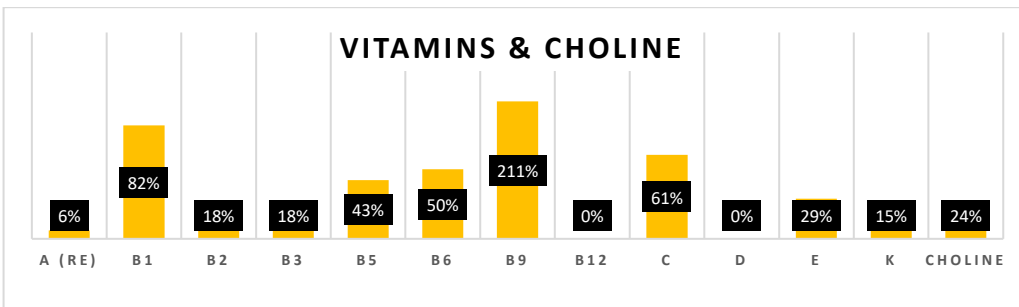
GREEN LENTIL CURRY
AS IT IS

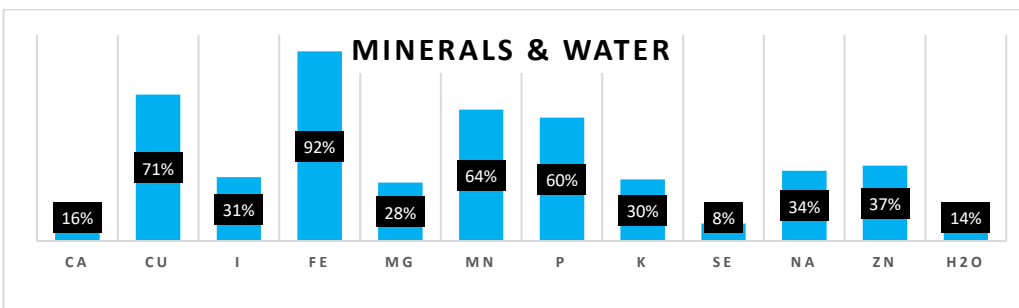
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



432kcal	70g	14g	23g	9.1g	6.23g	1.3g	0.85g	0.46g	0.11g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



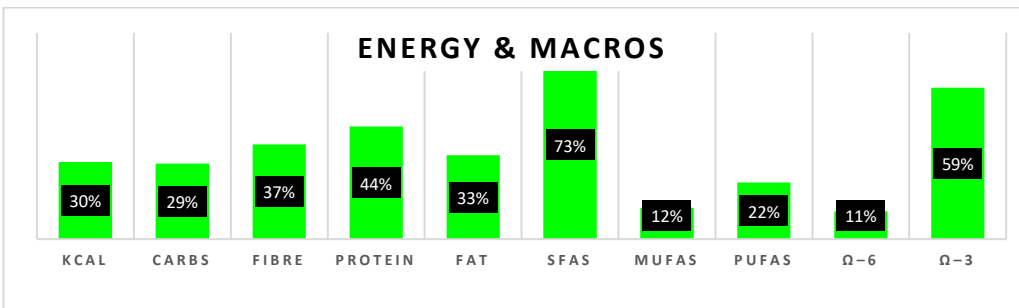


MEAL SUGGESTION

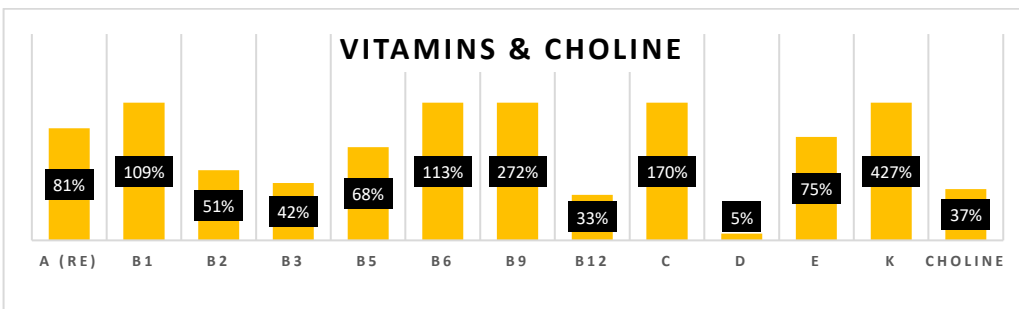
Green Lentil Curry
Baked White & Sweet Potatoes, Steamed Green Beans & Kale,
Chia Pudding (see our recipe), Glass of Water

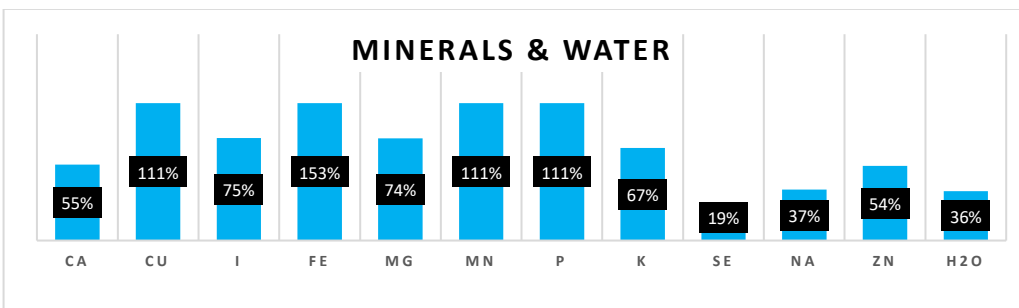
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:1



749kcal	132g	28g	34g	14g	6.92g	1.78g	4.16g	1.64g	2.22g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

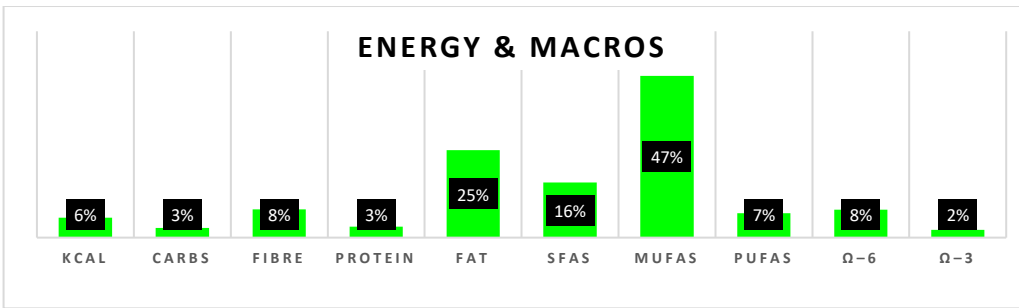




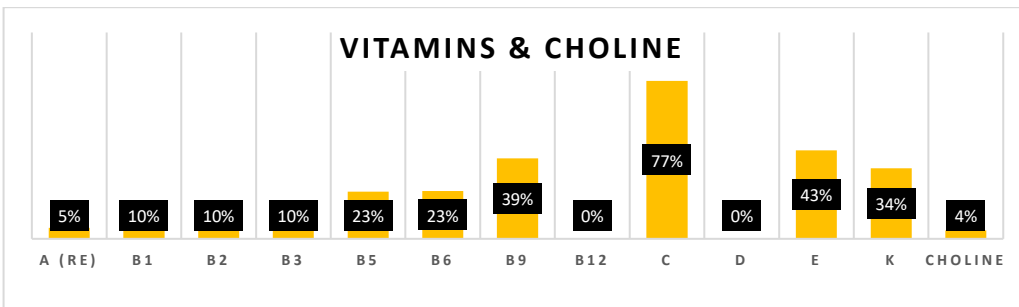
GUACAMOLE AS IT IS

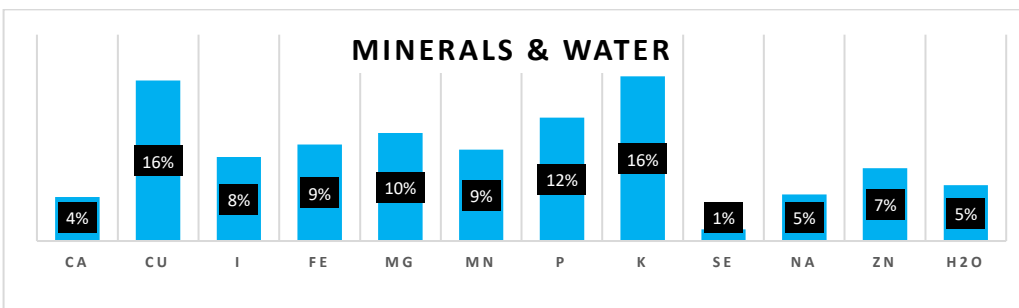
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 14:1



145kcal	13g	6g	2g	11g	1.52g	6.89g	1.34g	1.23g	0.09g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



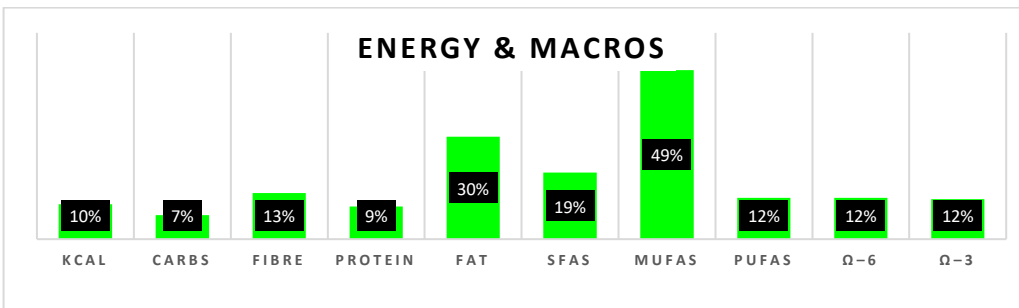


SNACK SUGGESTION

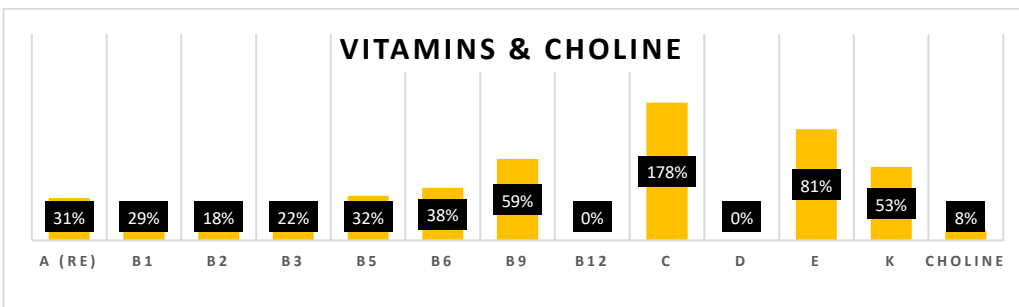
Guacamole, Ground Linseed,
Carrot, Bell Pepper, Celery, Cucumber
Wholegrain Bread Sticks, Glass of water

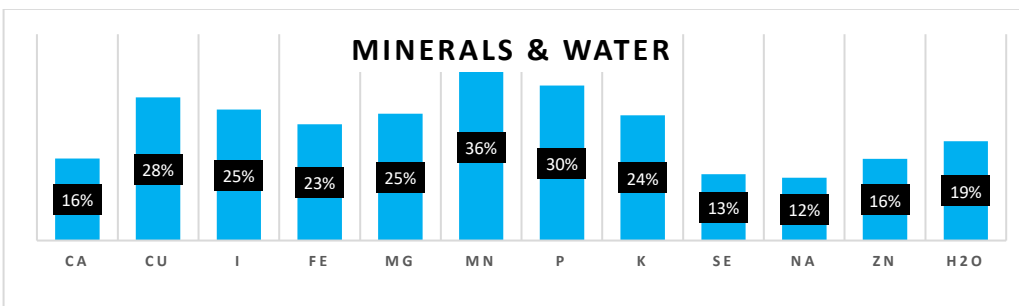
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



255kcal	31g	10g	7g	12.8g	1.83g	7.2g	2.28g	1.82g	0.44g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

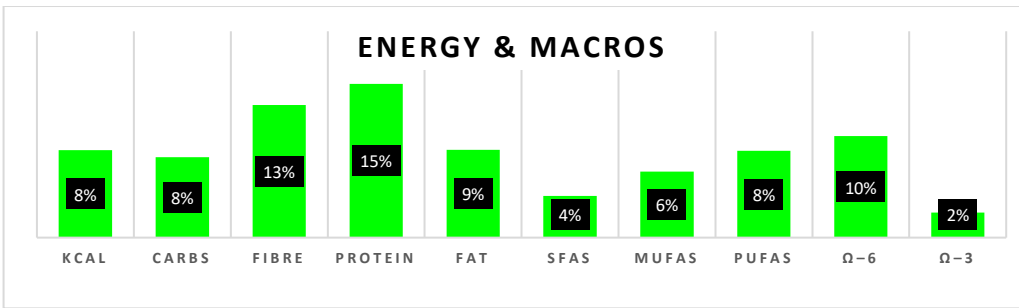




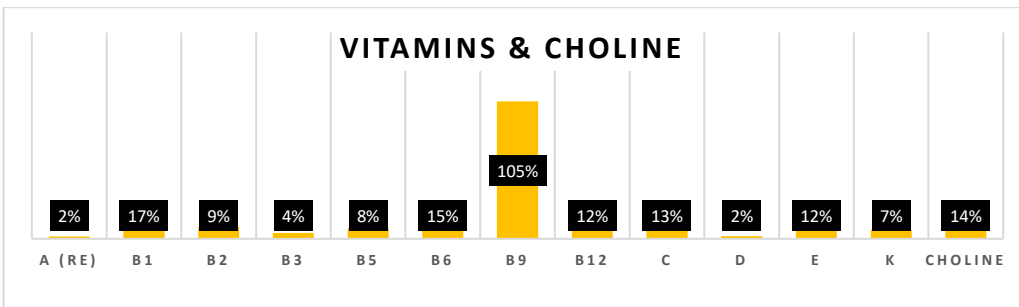
HEALTHIER HOUMOUS AS IT IS

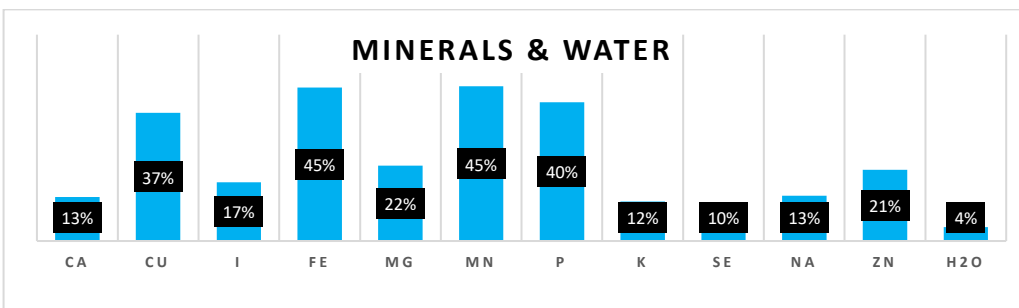
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 17:1



212kcal	35g	10g	12g	3.7g	0.38g	0.94g	1.6g	1.49g	0.09g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



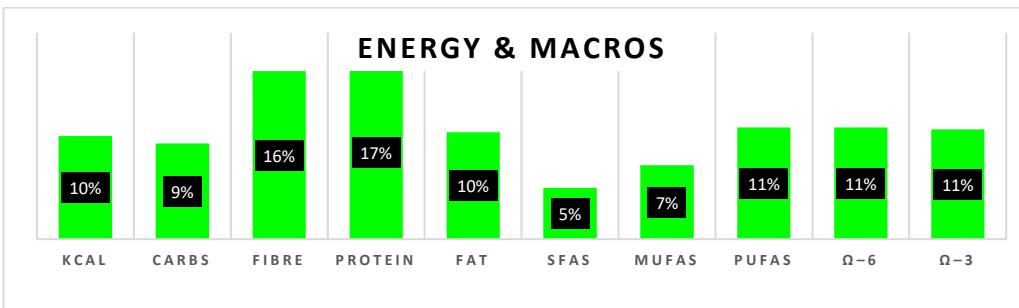


SNACK SUGGESTION

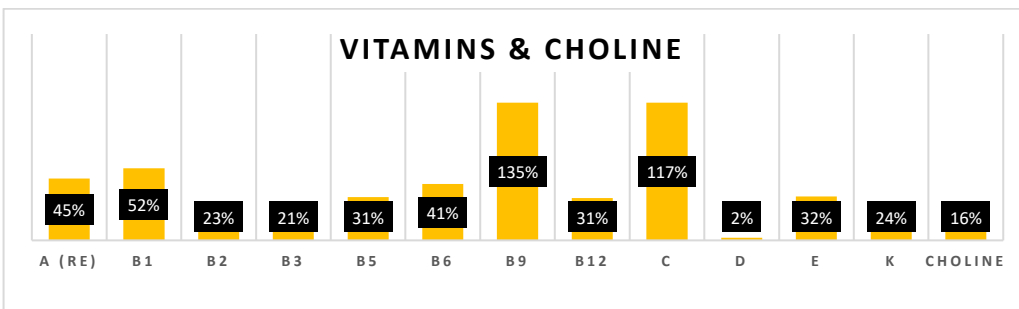
Healthier Houmous
Sprinkle of Nutritional Yeast Flakes & Ground Linseed
Carrot, Celery, Bell Pepper, Cucumber, Glass of water

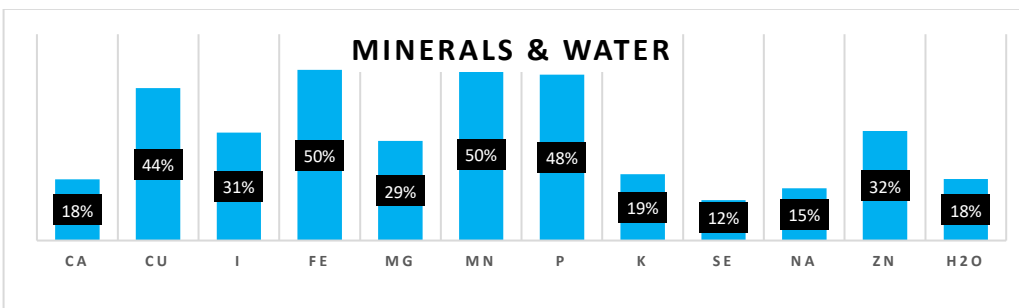
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



250kcal	42g	12g	13g	4.5g	0.47g	1.05g	2.05g	1.64g	0.4g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

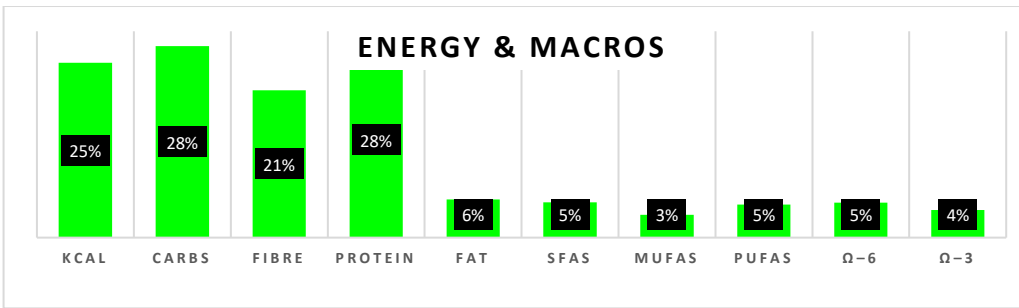




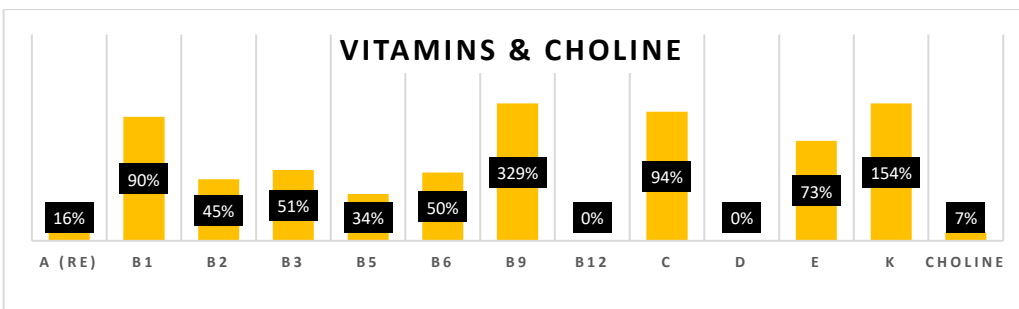
ITALIAN RISOTTO
AS IT IS

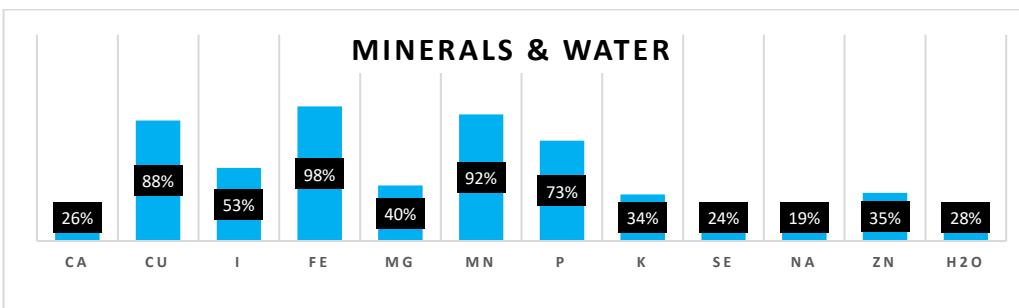
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



635kcal	125g	16g	22g	2.4g	0.48g	0.48g	0.91g	0.77g	0.15g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



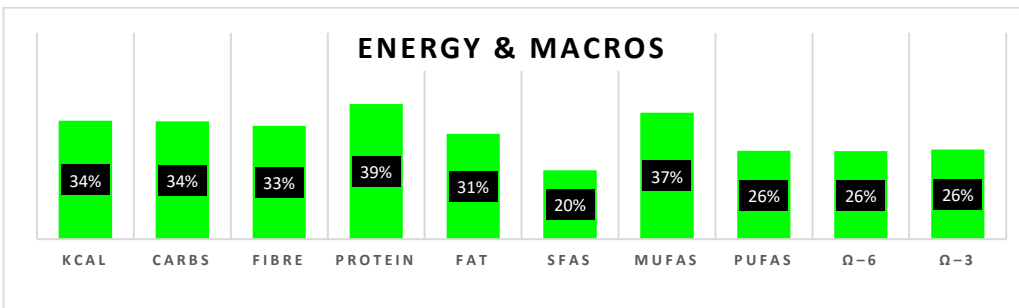


MEAL SUGGESTION

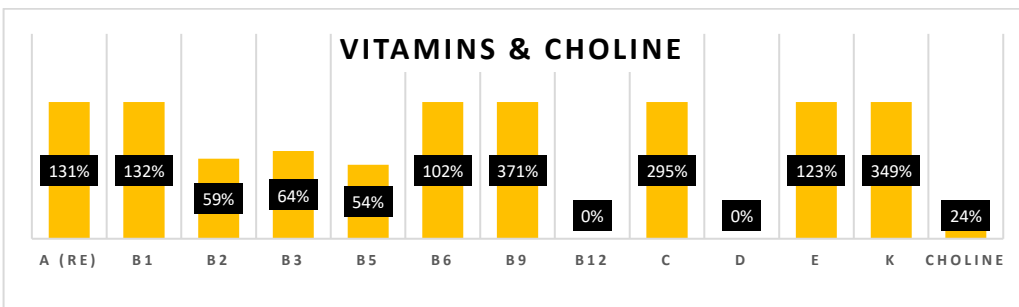
Italian Risotto, Roasted Sweet Potato or Squash
Steamed Brussel Sprouts
Pistachio Nuts, Ground Linseed

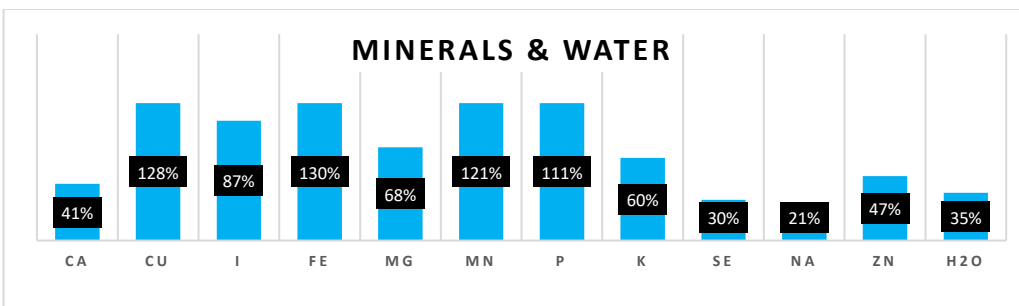
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



862kcal	154g	25g	31g	13.2g	1.9g	5.38g	4.86g	3.87g	0.99g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

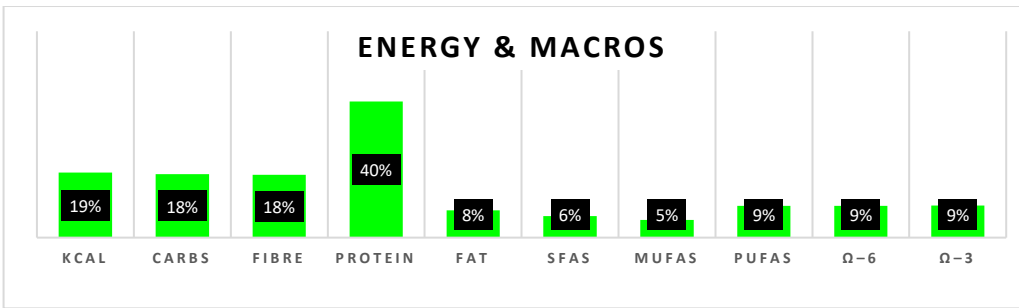




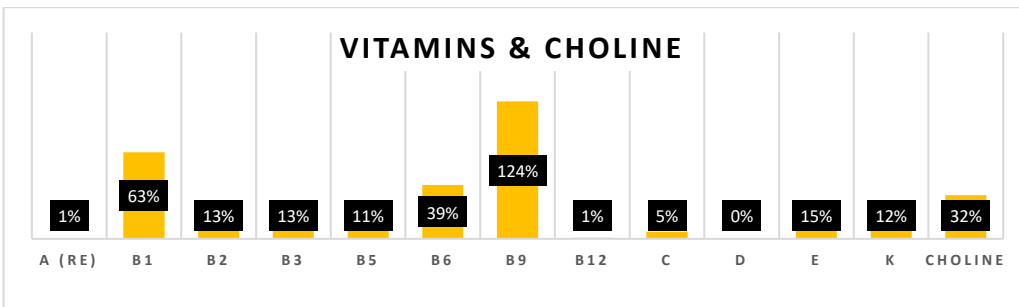
JAPANESE LENTILS AS IT IS

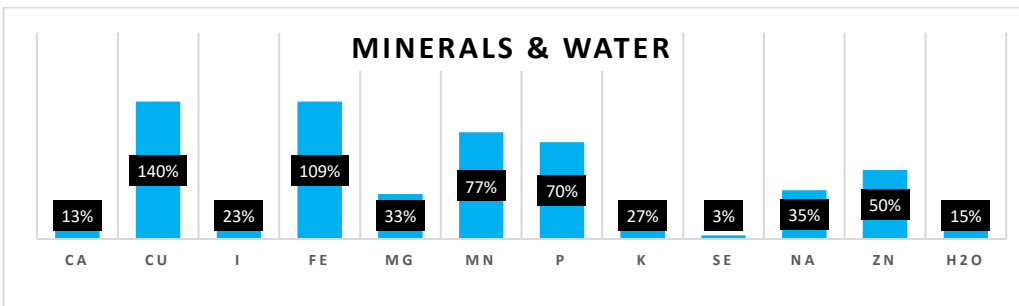
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



474kcal	83g	14g	31g	3.4g	0.59g	0.75g	1.75g	1.4g	0.35g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



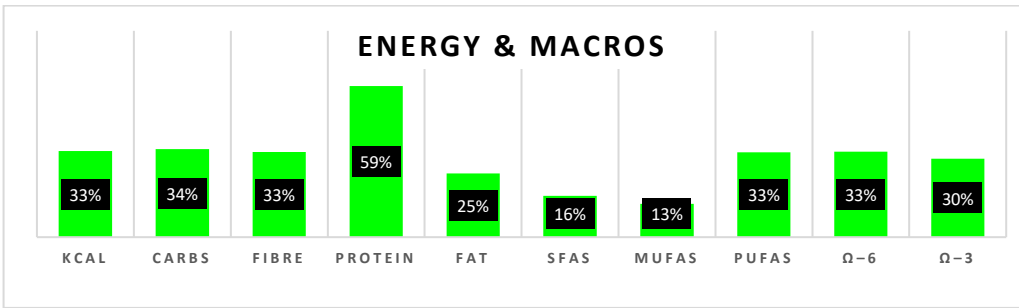


MEAL SUGGESTION

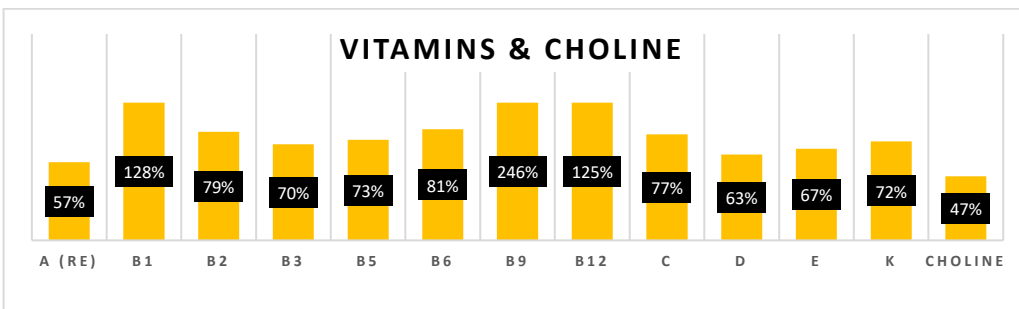
Japanese Lentils, Brown, or White Rice
Radish, Mushroom, Asparagus, Carrot & Walnut Salad
Nori Sheets, Glass of water

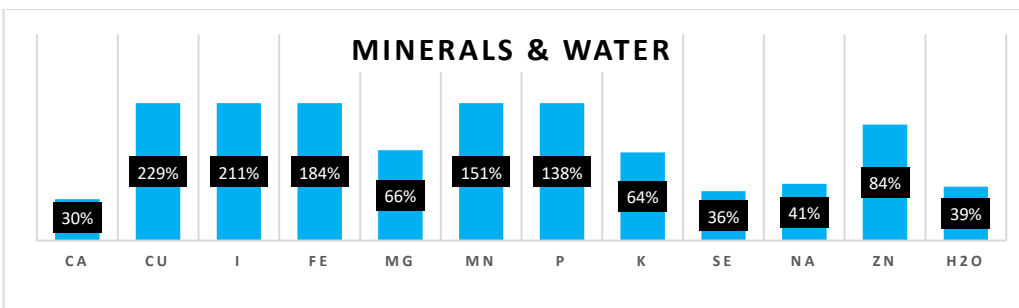
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



833kcal	153g	25g	46g	10.6g	1.51g	1.88g	6.23g	5.02g	1.15g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

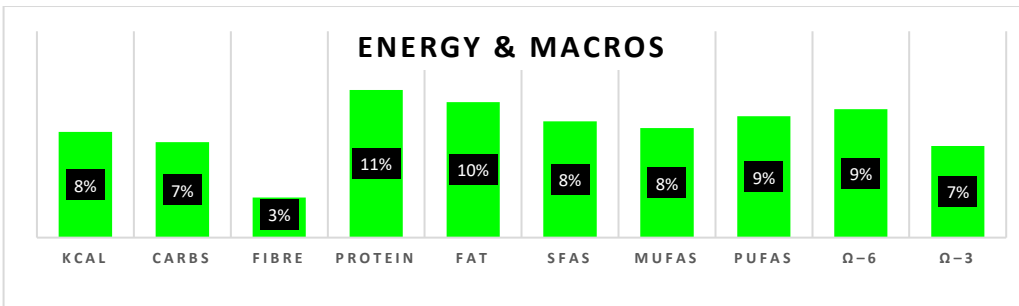




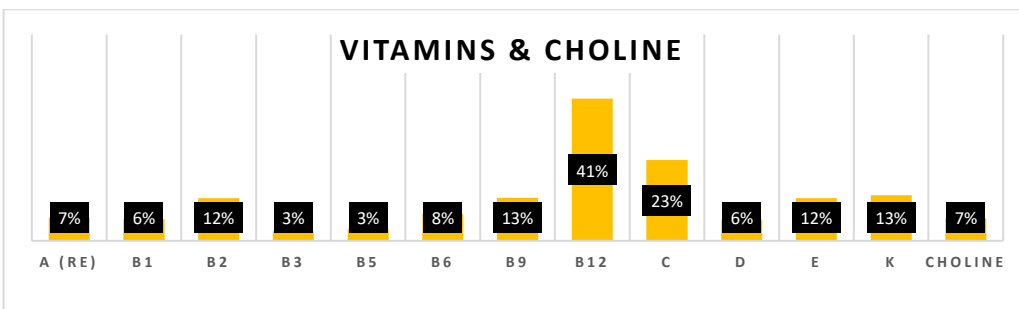
KAFFIR LIME & MANGO ICE CREAM AS IT IS

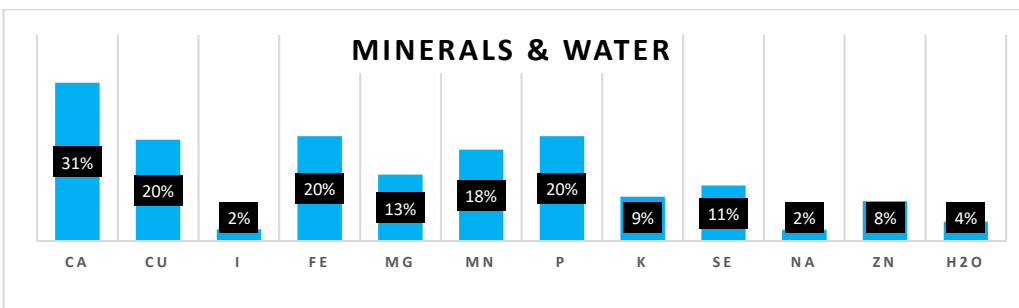
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



192kcal	31g	2g	8g	4.2g	0.8g	1.16g	1.67g	1.41g	0.25g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

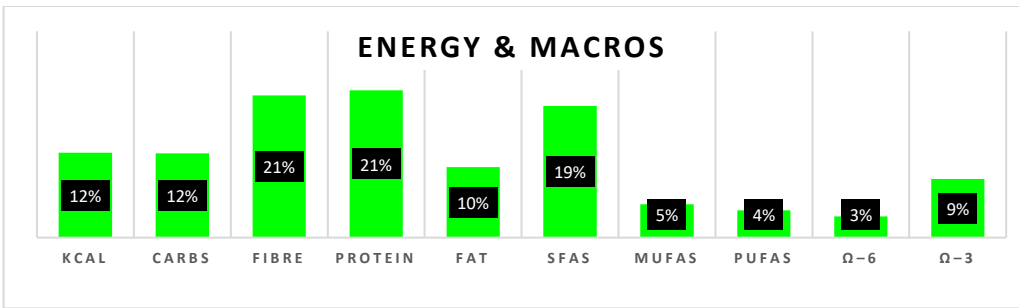




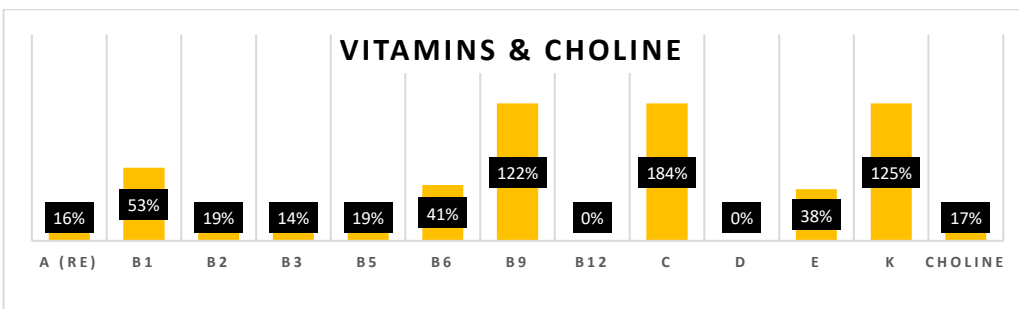
KIDNEY BEAN CURRY AS IT IS

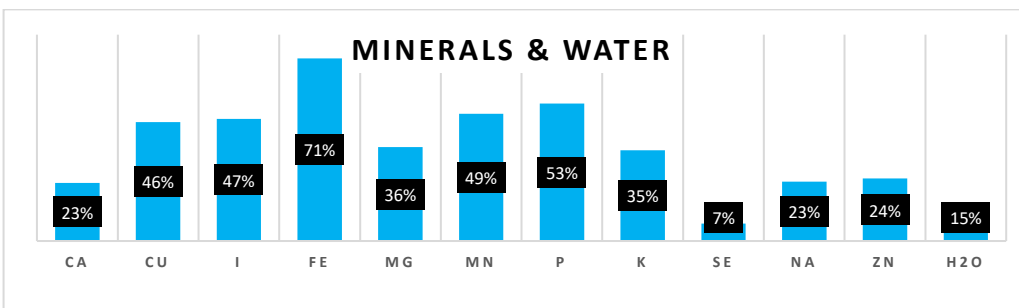
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 2:1



309kcal	55g	16g	17g	4.4g	1.81g	0.71g	0.75g	0.47g	0.32g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



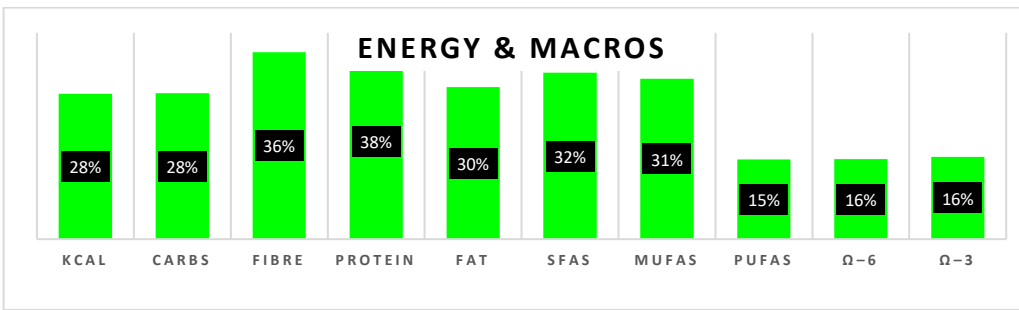


MEAL SUGGESTION

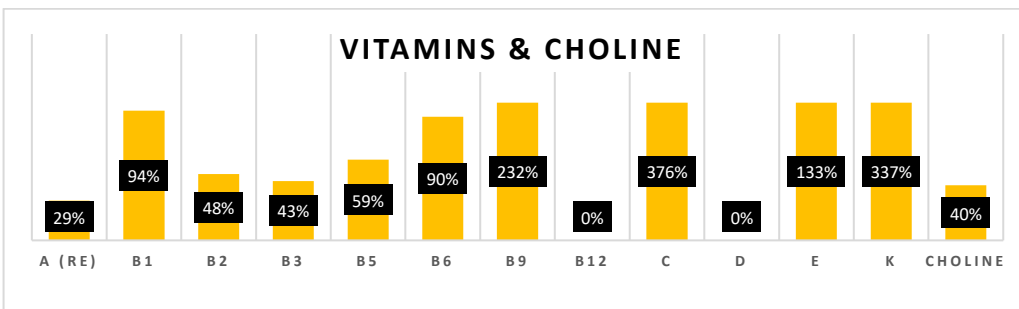
Kidney Bean Curry, Brown Rice, Buckwheat or Quinoa
Steamed Broccoli and Sliced Avocado
Glass of water

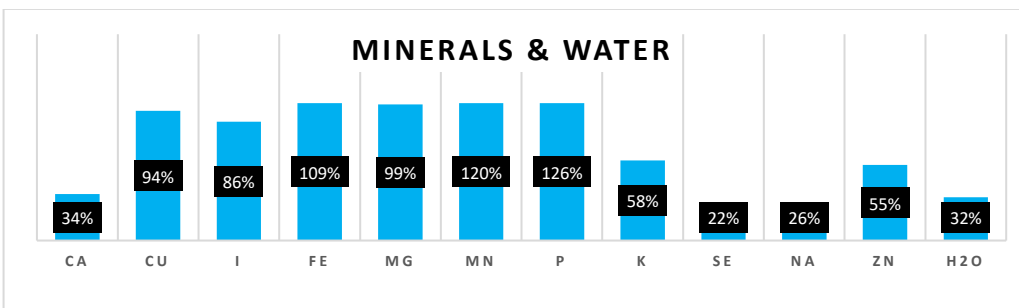
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



705kcal	127g	27g	30g	12.7g	3.05g	4.55g	2.93g	2.36g	0.61g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

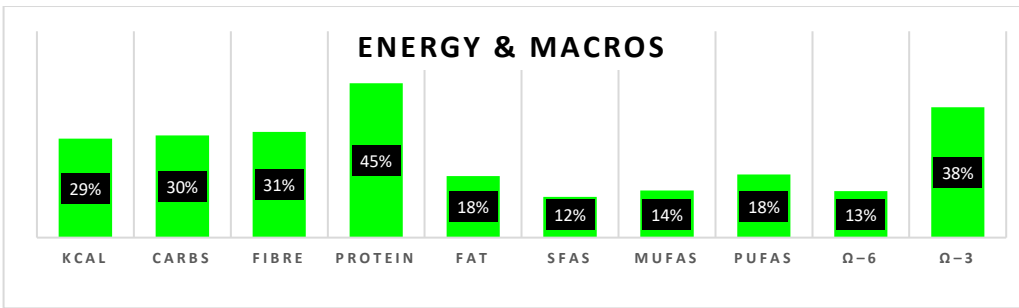




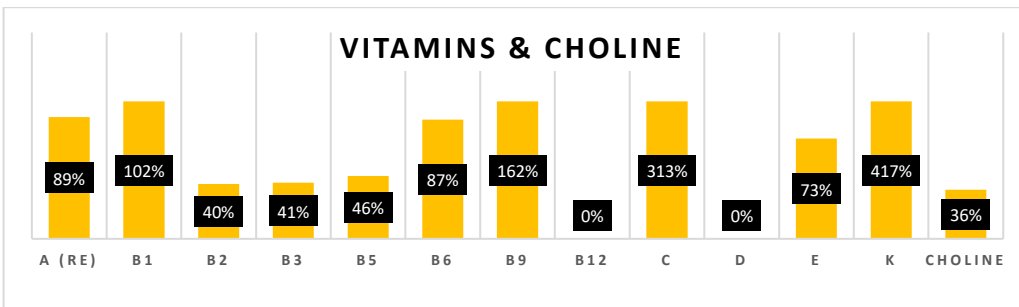
KITCHARI AS IT IS

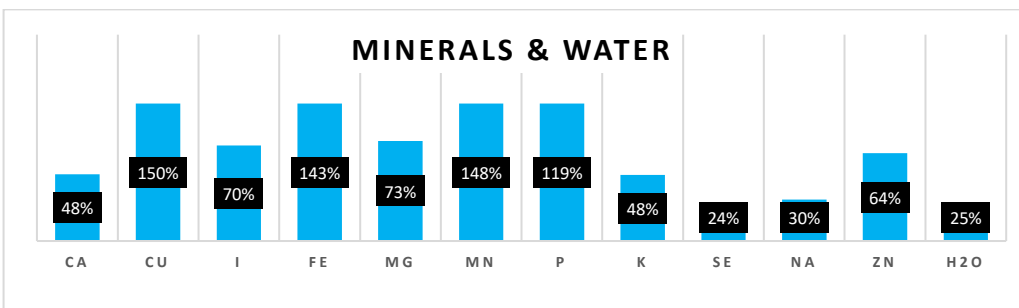
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 2:1



719kcal	134g	23g	35g	7.7g	1.12g	2g	3.48g	2.04g	1.43g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



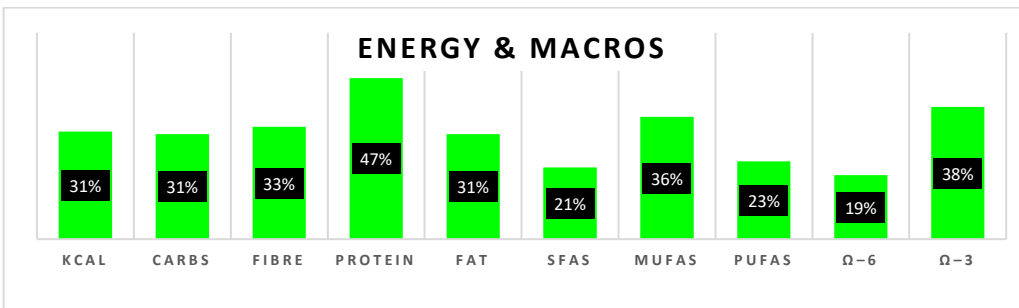


MEAL SUGGESTION

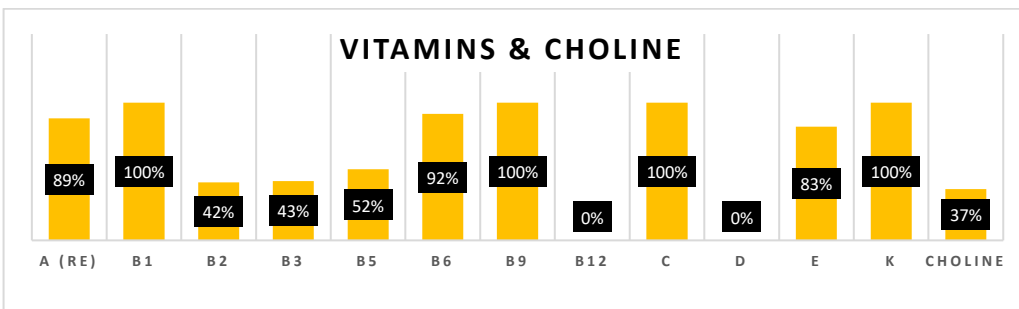
Kitchari
Sprinkle of Cashew Nuts or Sliced Avocado
Glass of water

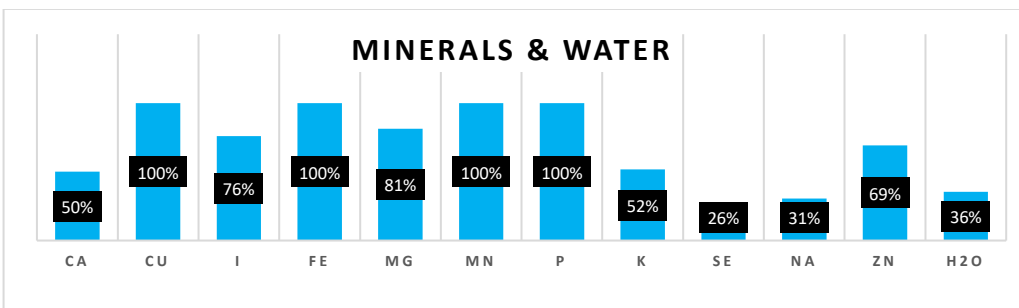
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 2:1



783kcal	137g	24g	37g	13.2g	1.98g	5.2g	4.29g	2.82g	1.46g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

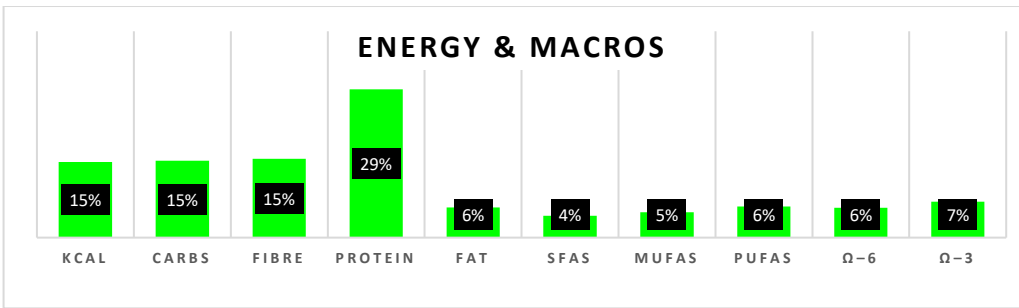




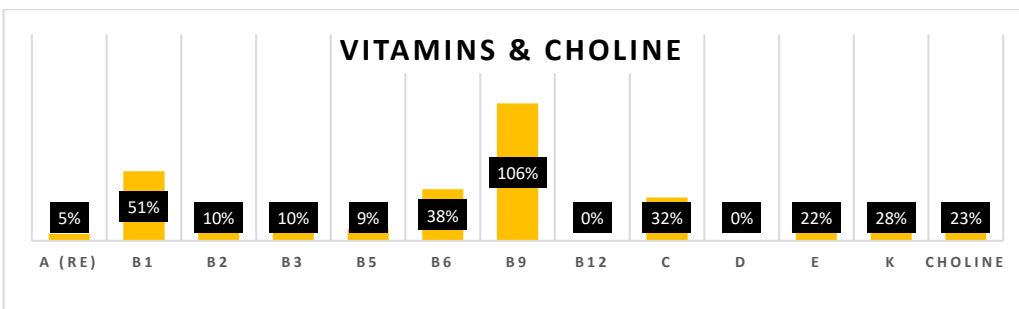
LEBANESE LENTILS AS IT IS

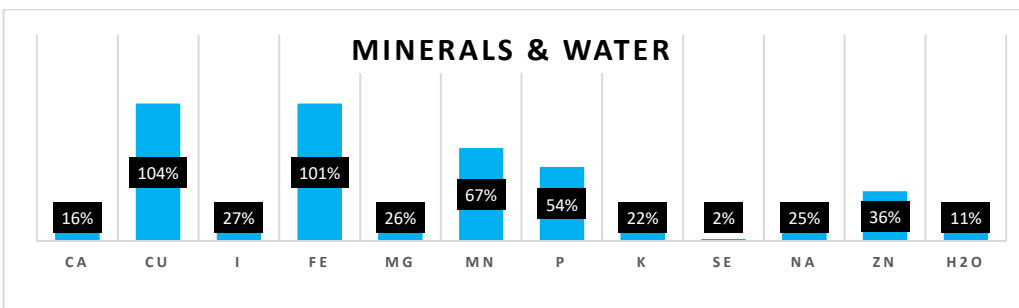
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



366kcal	67g	11g	22g	2.5g	0.4g	0.72g	1.14g	0.88g	0.26g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAS**	**PUFAs**	**ω–6**	**ω–3**



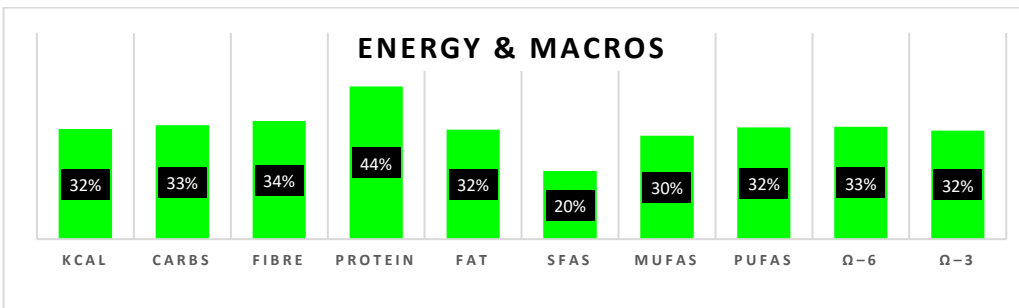


MEAL SUGGESTION

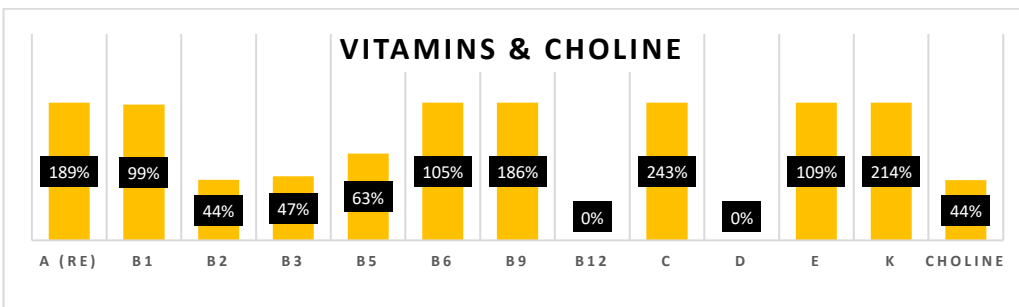
Lebanese Lentils, Brown Rice or Buckwheat, Baked Sweet Potato
Steamed Green Beans and Broccoli, Sliced Avocado
Walnut Halves. Glass of water

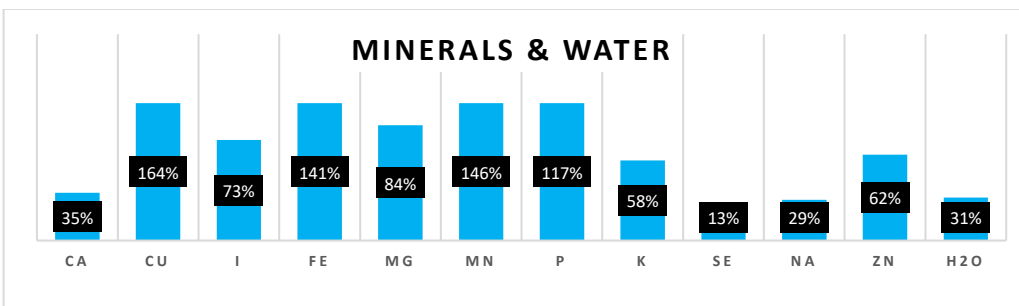
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



801kcal	149g	26g	35g	13.7g	1.88g	4.4g	6.15g	4.96g	1.2g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



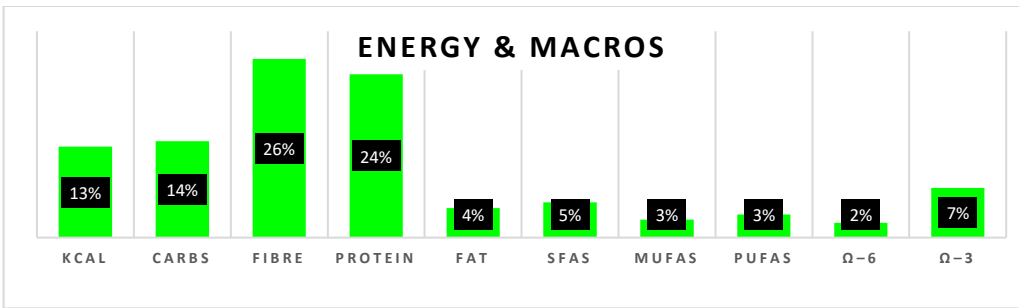


LEBANESE PINTO STEW

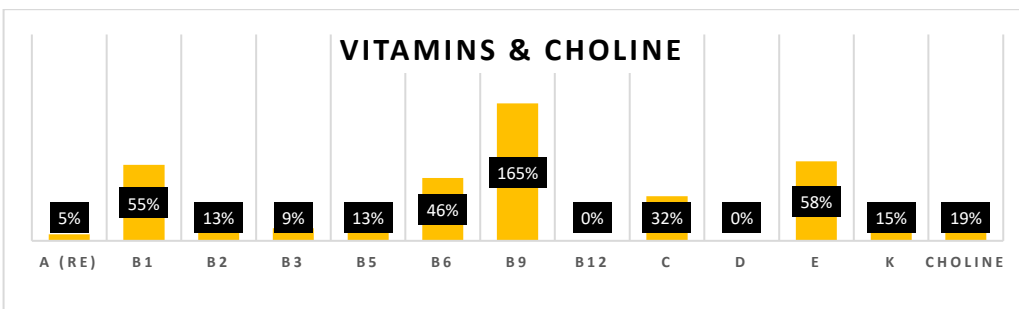
AS IT IS

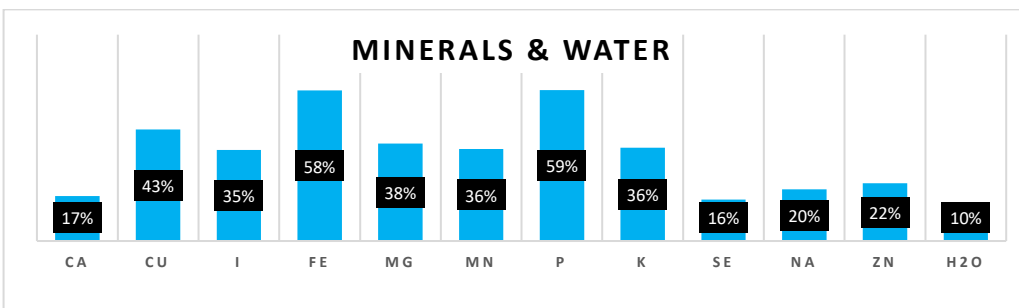
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:1



331kcal	63g	20g	19g	1.8g	0.49g	0.39g	0.64g	0.33g	0.27g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



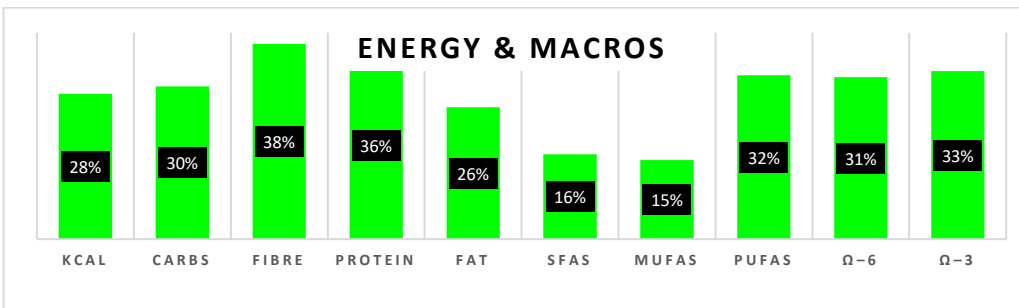


MEAL SUGGESTION

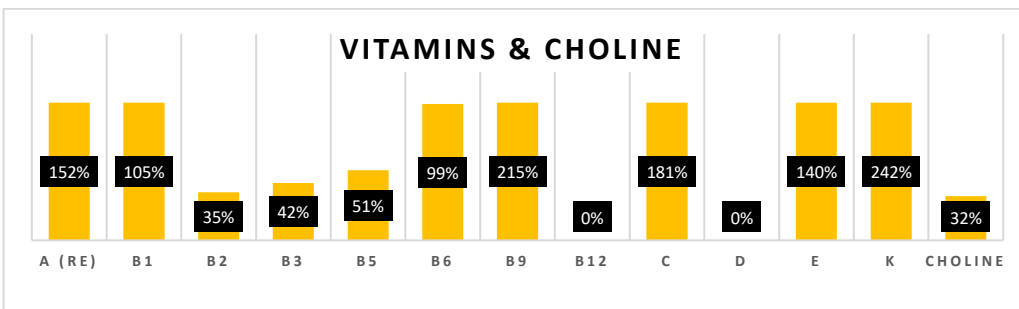
Lebanese Pinto Stew, Brown Rice, Sweet Potato
Steamed Cauliflower, Broccoli, Kale
Sunflower Seeds, Walnuts, Glass of Water

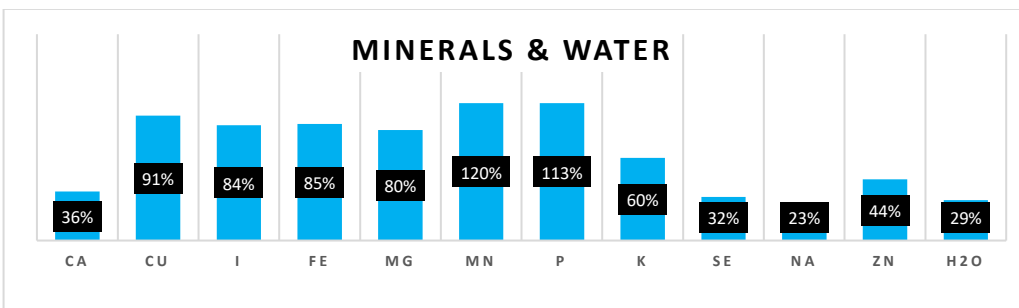
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



704kcal	133g	28g	28g	11g	1.56g	2.24g	6.02g	4.76g	1.23g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



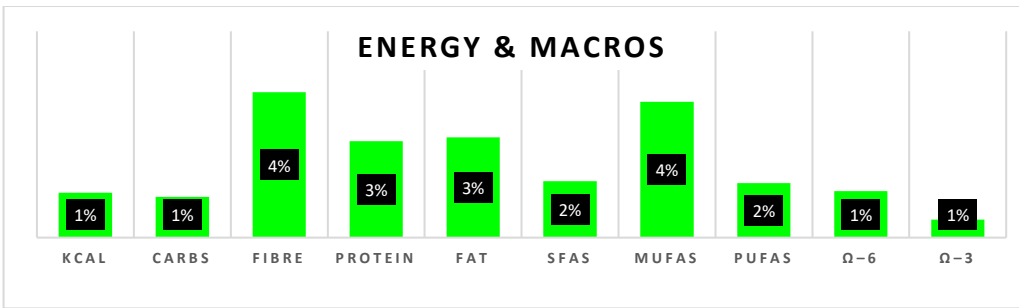


LEBANESE SPICE MIX

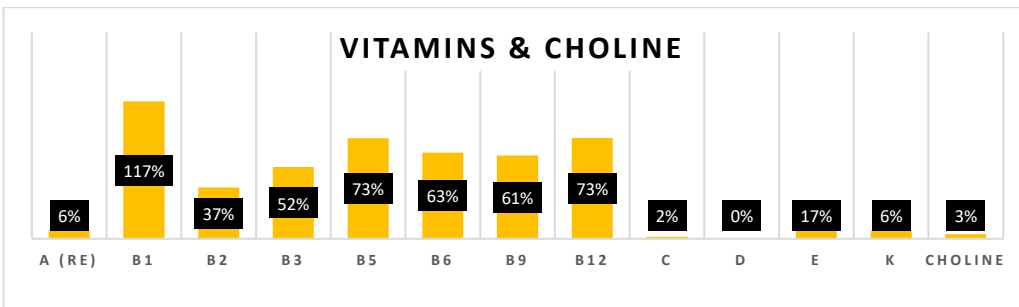
AS IT IS

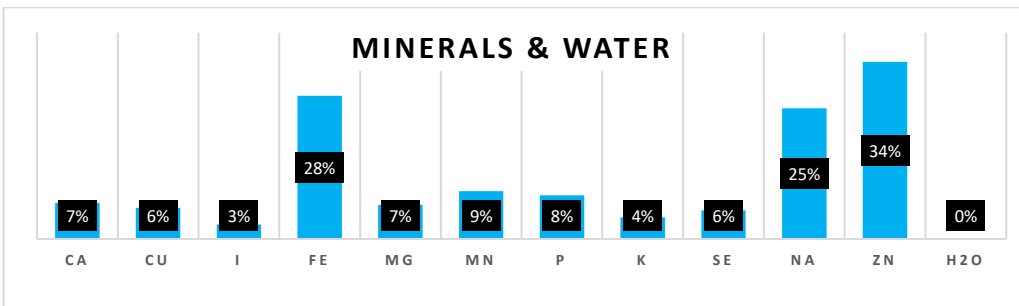
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 10:1



33kcal	5g	3g	2g	1.3g	0.16g	0.58g	0.3g	0.2g	0.02g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

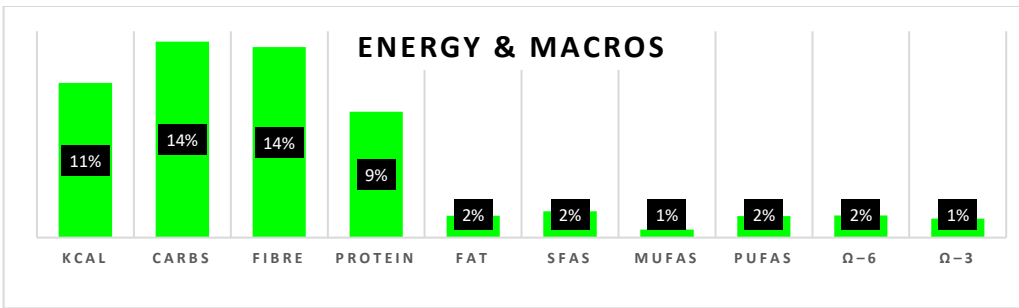




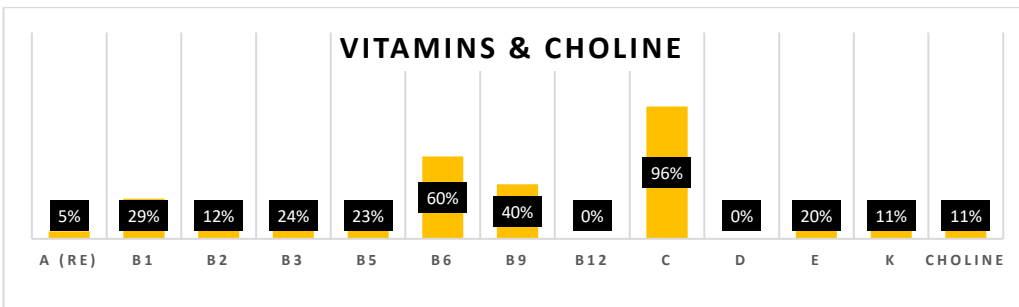
LEBANESE SPICY POTATOES AS IT IS

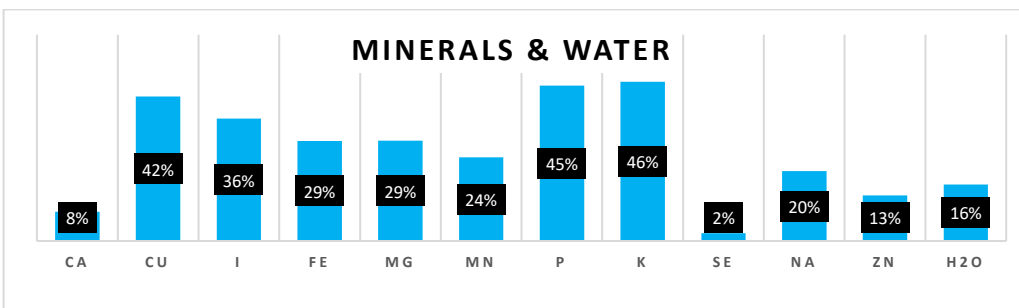
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



281kcal	64g	10g	7g	0.7g	0.18g	0.09g	0.3g	0.25g	0.05g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



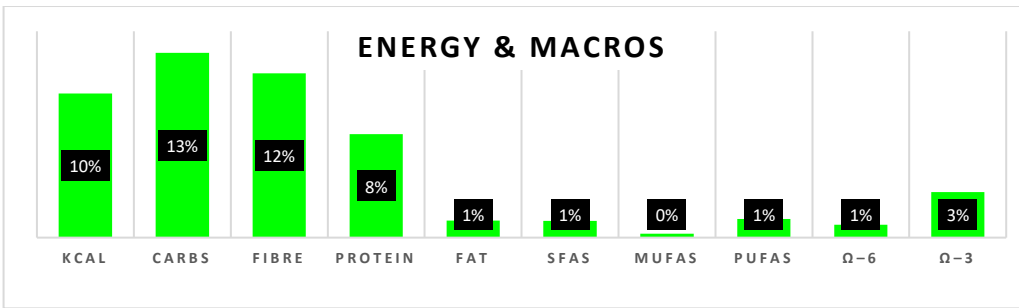


LEEK & POTATO SOUP

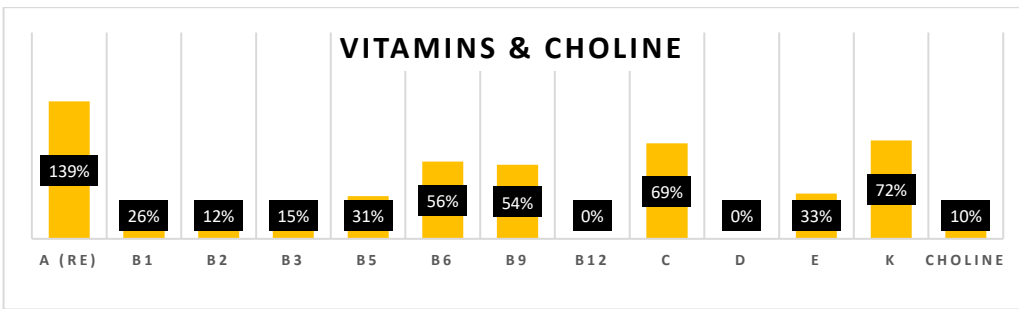
AS IT IS

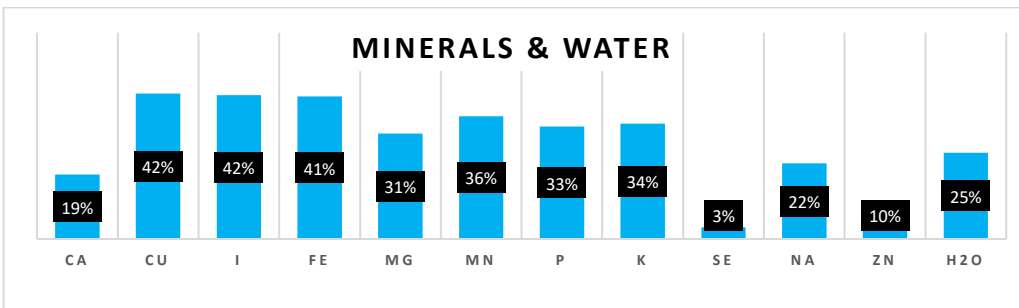
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:1



262kcal	60g	9g	6g	0.5g	0.11g	0.04g	0.26g	0.14g	0.13g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



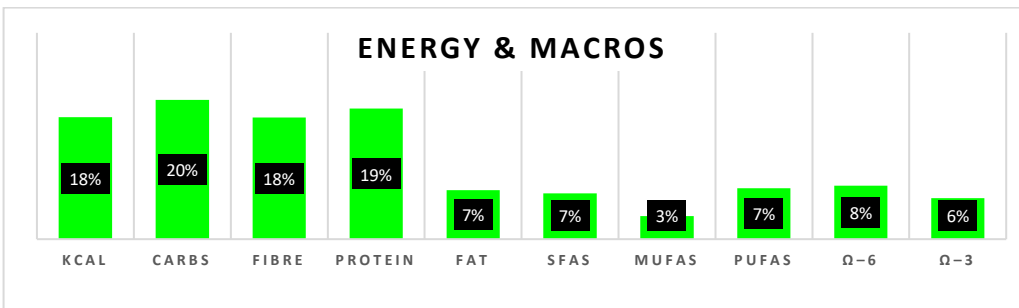


SNACK SUGGESTION

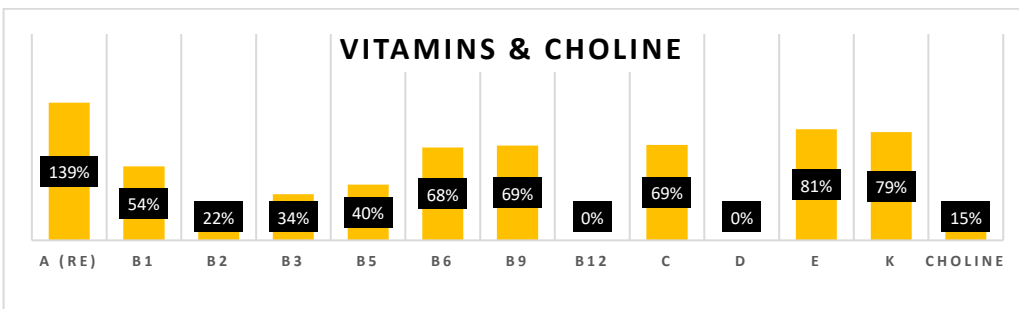
Leek & Potato Soup
Wholegrain Bread

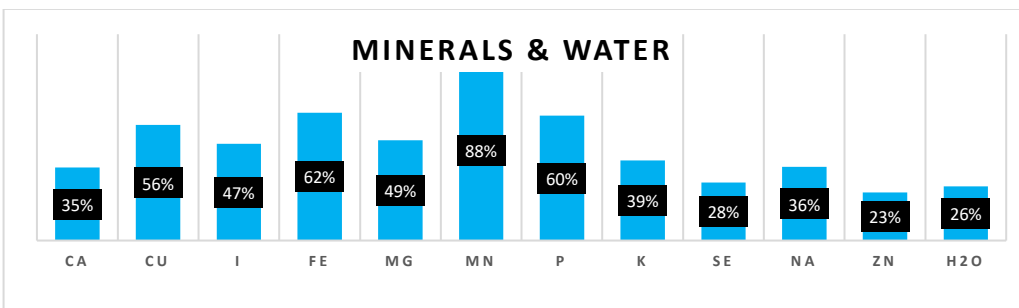
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



443kcal	91g	13g	15g	3.1g	0.63g	0.49g	1.4g	1.18g	0.23g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

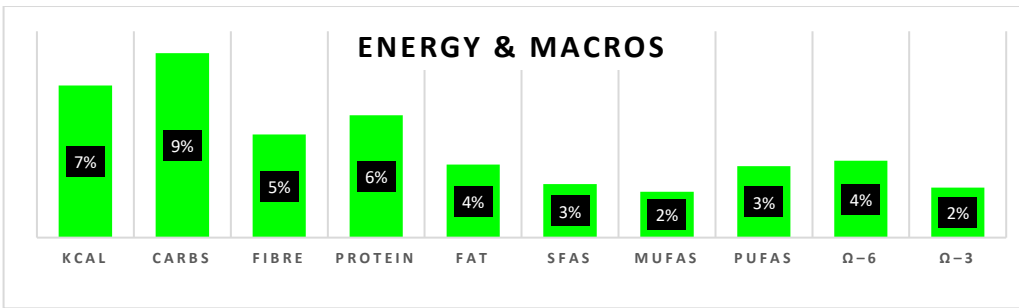




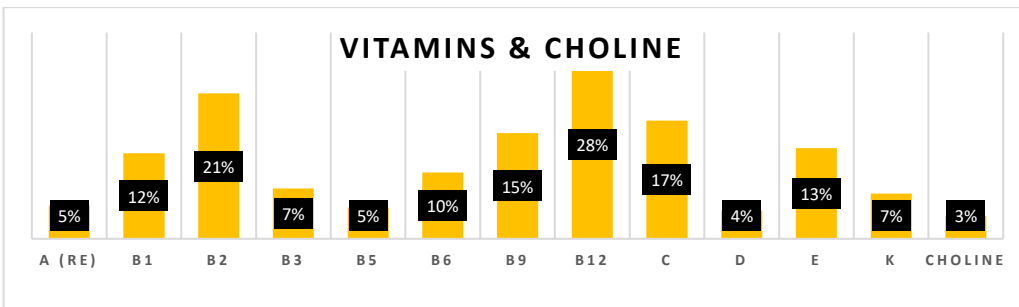
LEMON CAKE
AS IT IS

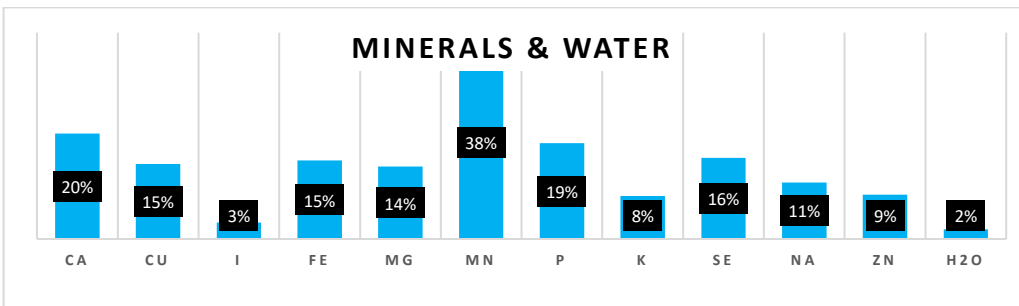
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



184kcal	40g	4g	5g	1.5g	0.25g	0.33g	0.66g	0.56g	0.09g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

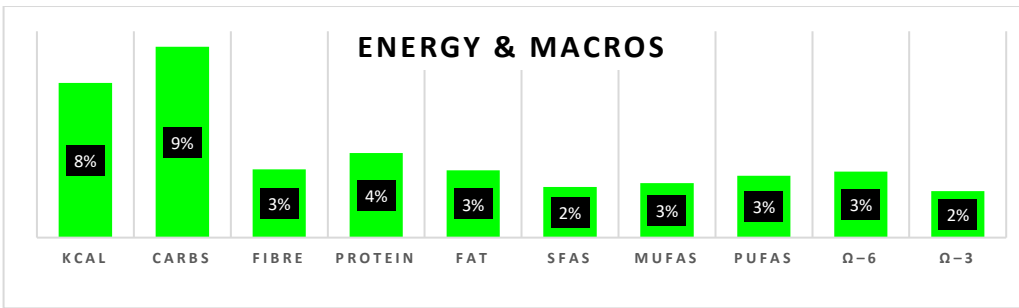




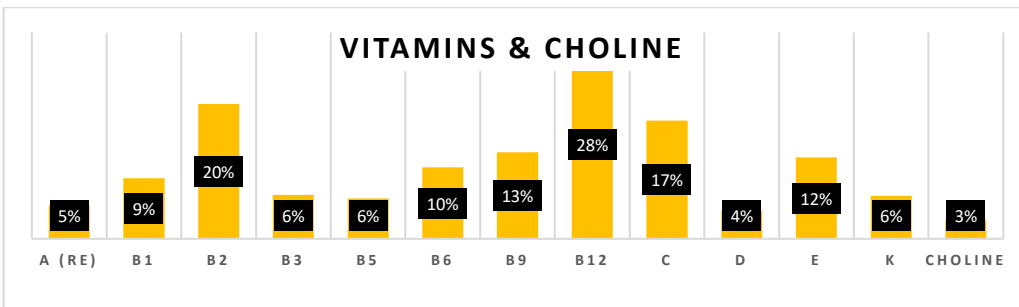
LEMON CAKE - GLUTEN FREE AS IT IS

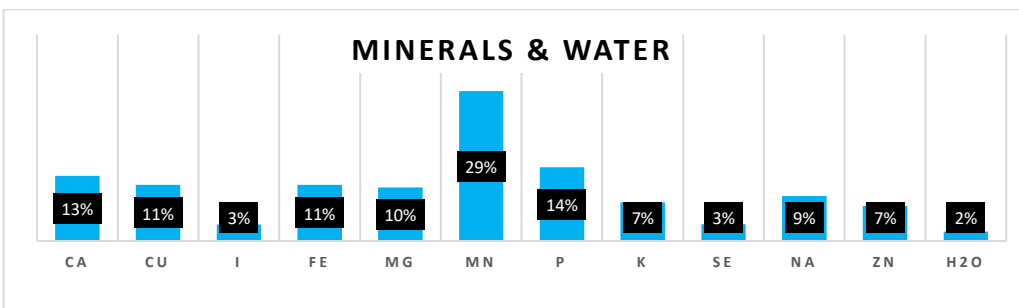
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



188kcal	42g	2g	3g	1.4g	0.23g	0.39g	0.57g	0.48g	0.09g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



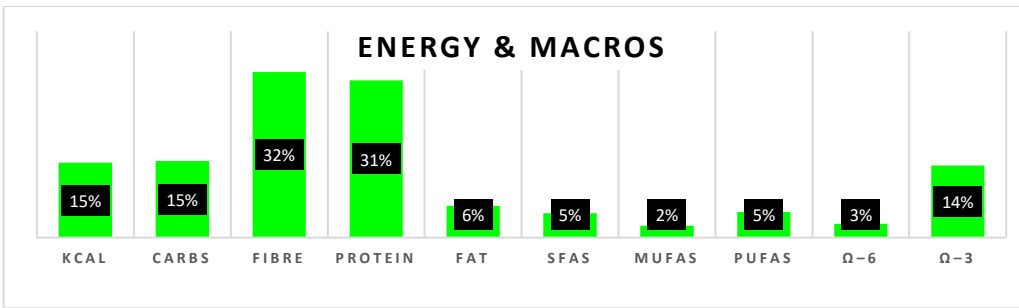


LEMON & GARLIC PINTO SALAD

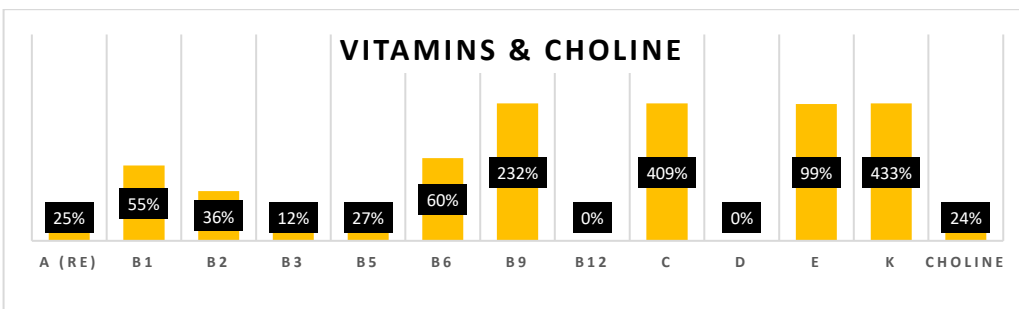
AS IT IS

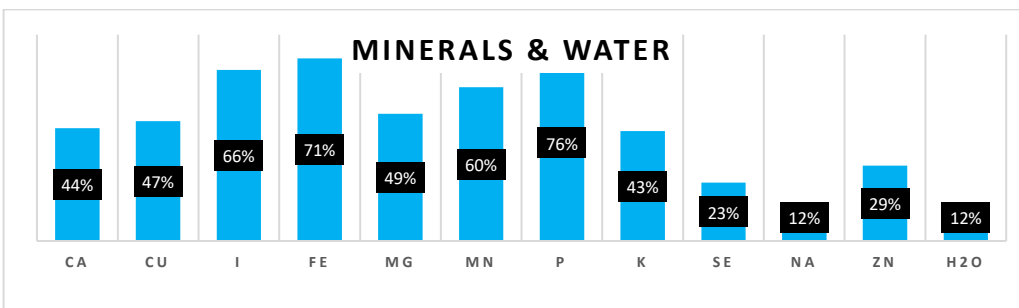
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:1



364kcal	67g	24g	24g	2.7g	0.45g	0.34g	0.94g	0.41g	0.53g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



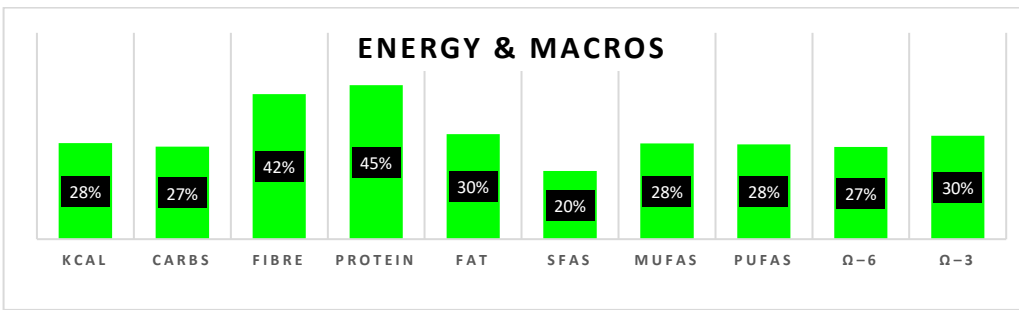


MEAL SUGGESTION

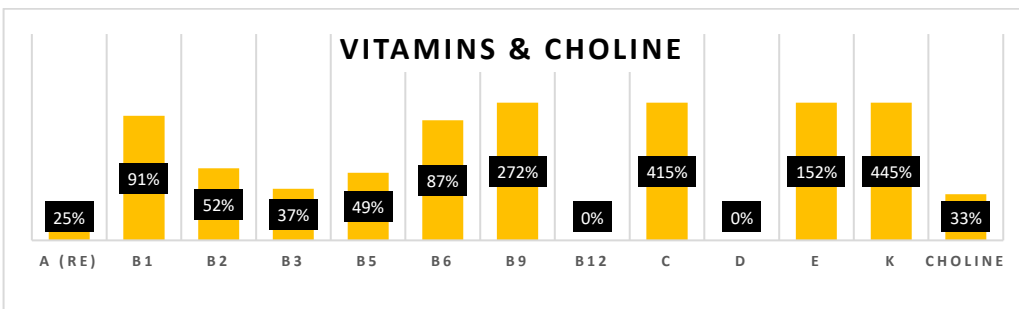
Lemon & Garlic Pinto Salad
Brown Rice, Buckwheat, Quinoa or Sourdough Bread
Avocado, Walnuts, Glass of Water

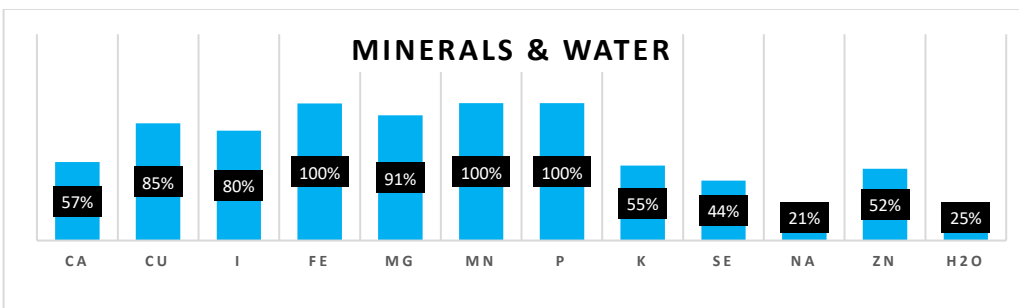
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



699kcal	121g	32g	35g	13.1g	1.87g	4.07g	5.22g	4.07g	1.14g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



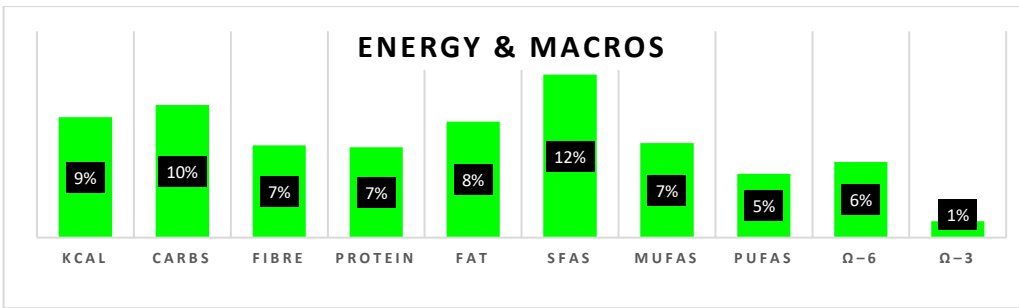


LEMON ZINGER FLAPJACK

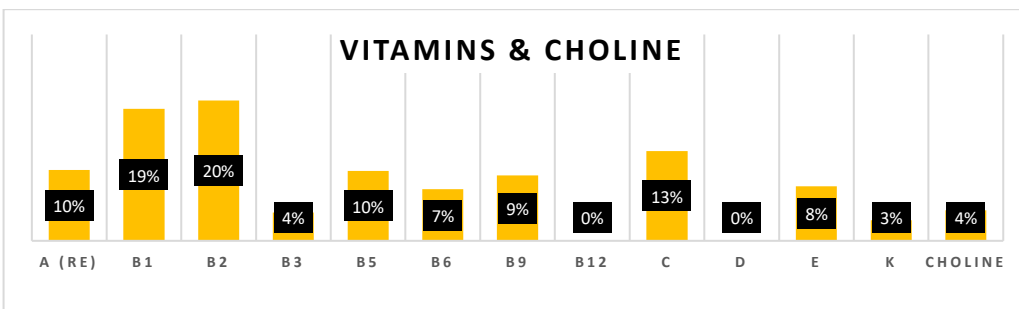
AS IT IS

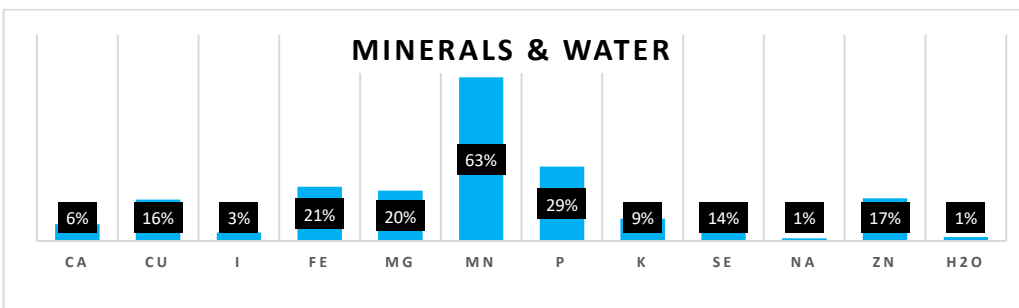
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 20:1



224kcal	44g	5g	5g	4.1g	1.62g	0.95g	0.87g	0.83g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

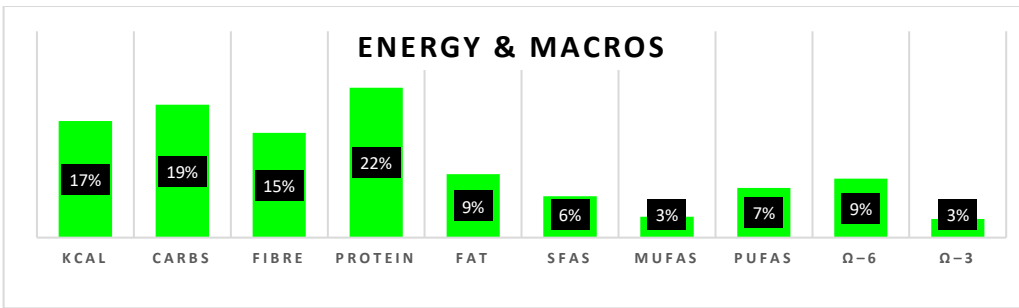




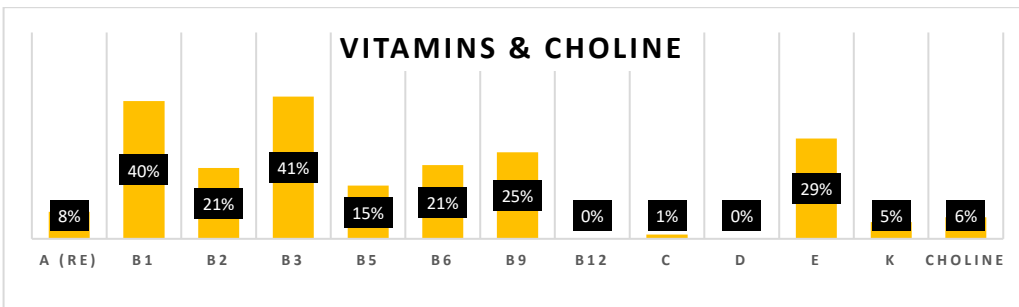
LOVELY NOODLES AS IT IS

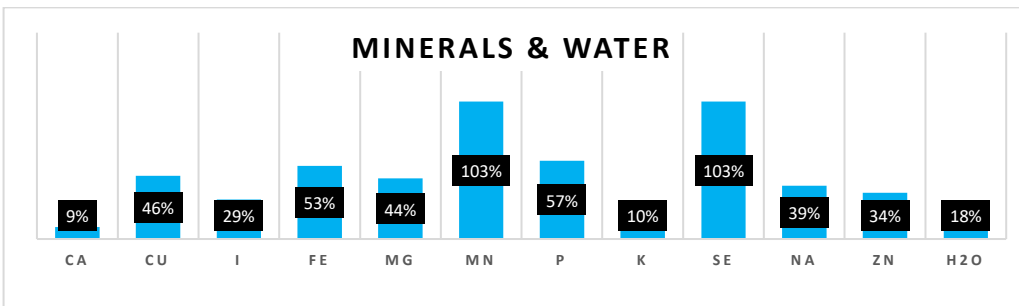
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 13:1



424kcal	87g	11g	17g	4g	0.57g	0.44g	1.37g	1.3g	0.1g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



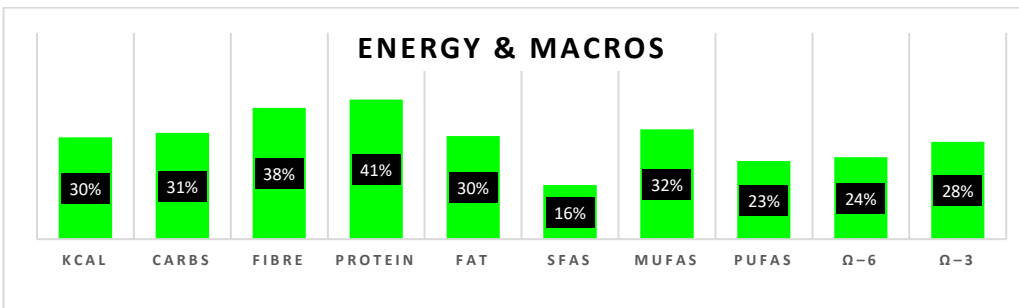


MEAL SUGGESTION

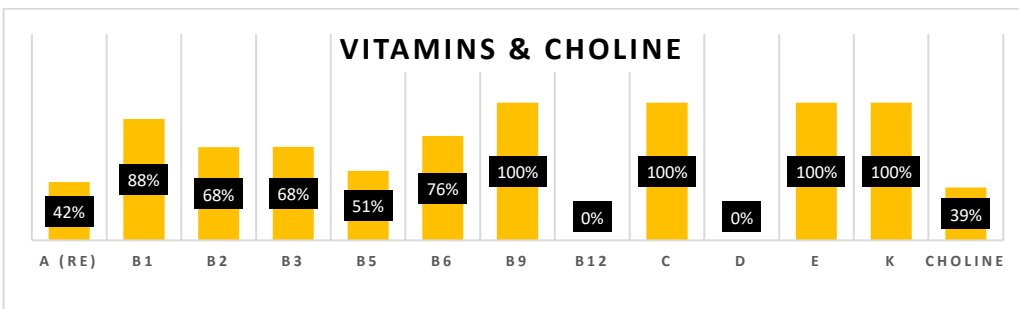
Lovely Noodles, Broccoli, Peas,
Diced Spring Onion, Radishes, Almonds, Sprinkled Ground Linseed
Lychees

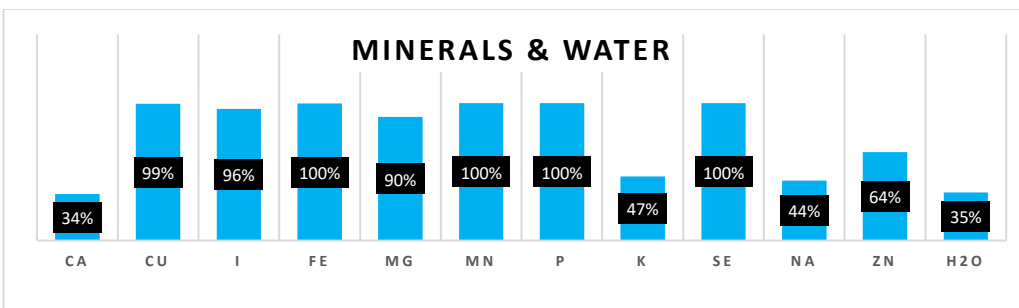
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



741kcal	139g	29g	32g	12.9g	1.49g	4.68g	4.3g	3.61g	1.07g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

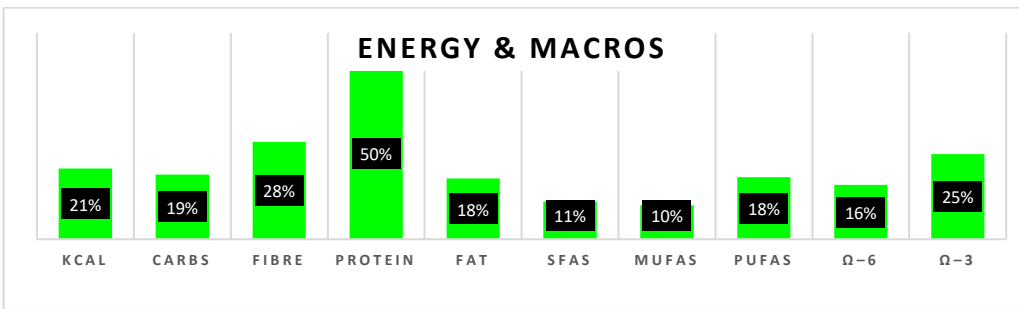




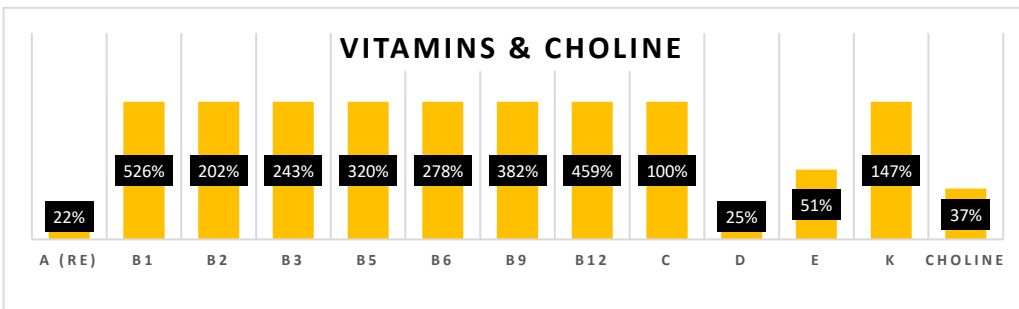
MACARONI 'CHEESE' AS IT IS

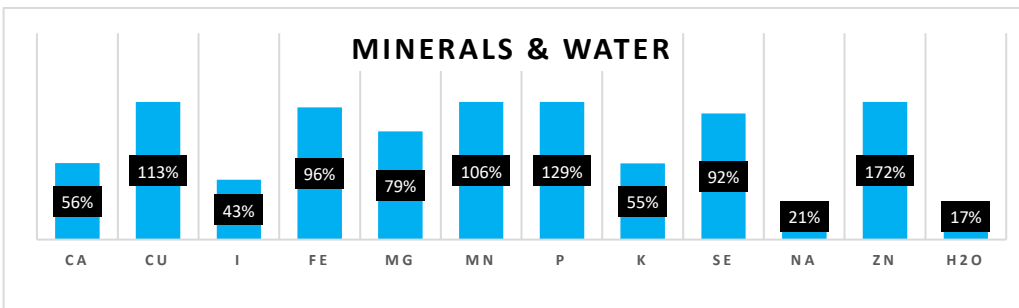
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



514kcal	85g	21g	39g	7.6g	1.04g	1.44g	3.41g	2.4g	0.94g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



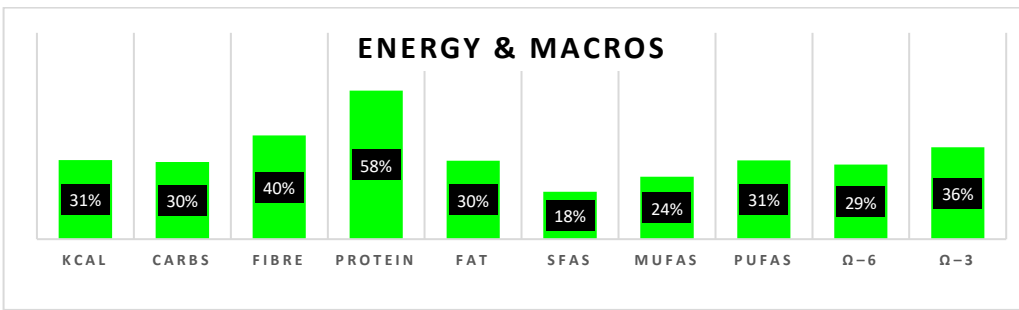


MEAL SUGGESTION

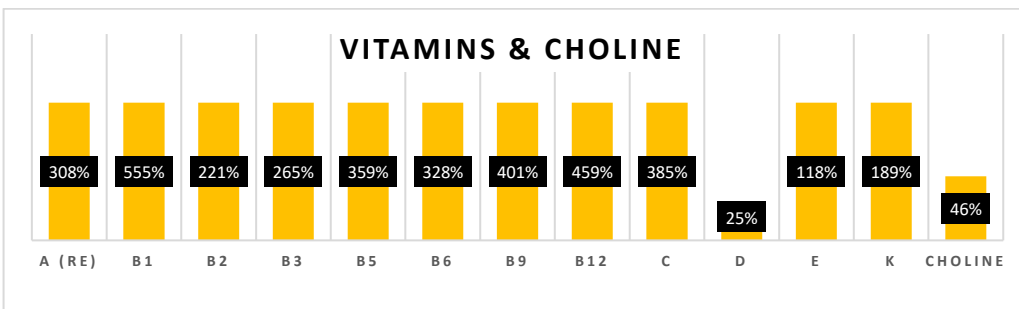
Macaroni Cheese, Roast Sweet Potato
Spring Onion, Tomato, Olive and Walnut Salad
Glass of water

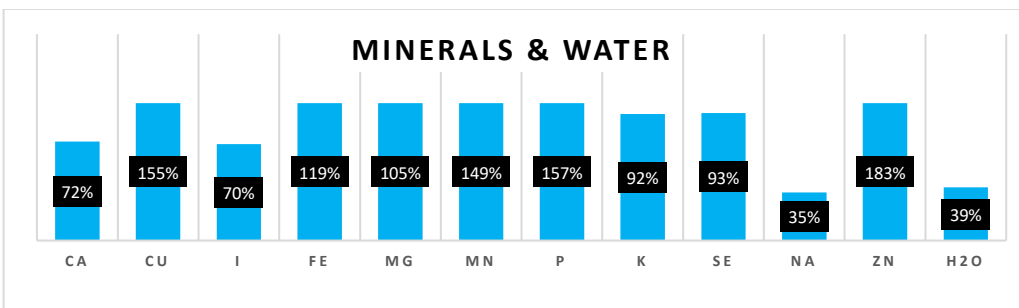
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



767kcal	135g	30g	45g	13.1g	1.74g	3.55g	5.78g	4.39g	1.35g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

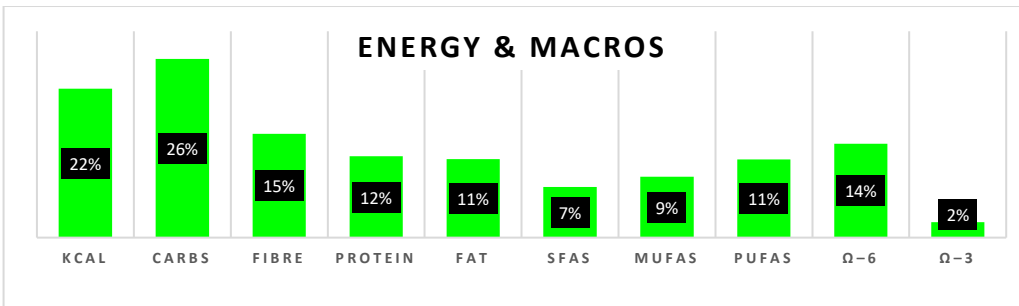




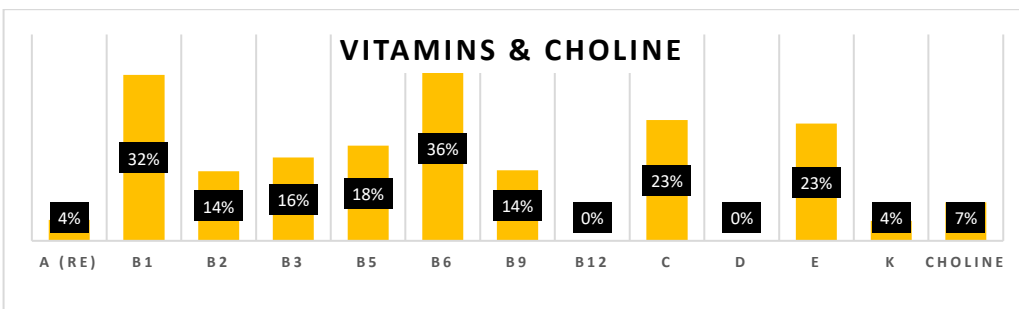
MAIZE PORRIDGE AS IT IS

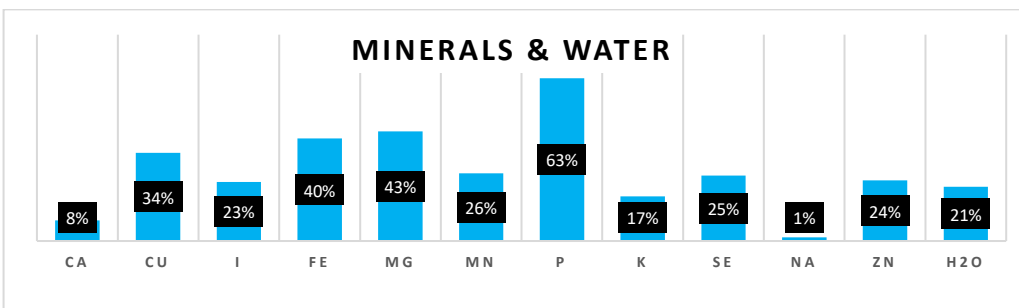
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 26:1



541kcal	117g	11g	9g	4.9g	0.7g	1.3g	2.15g	2.07g	0.08g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



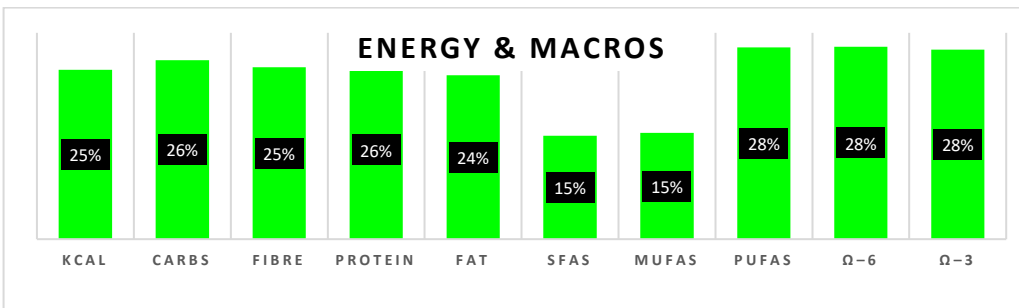


MEAL SUGGESTION

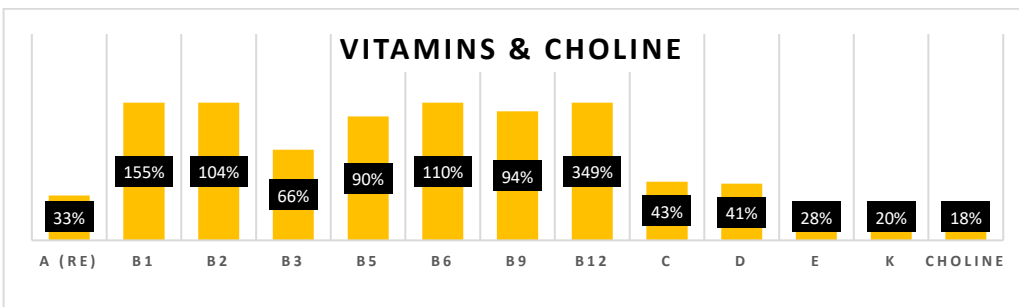
Maize Porridge, Plant-based Milk Alternative *(we use soya)*
Frozen berries, Apple or Banana, Sprinkled Ground Linseed
Ceylon Cinnamon and/or Carob powder, Nutritional Yeast Flakes

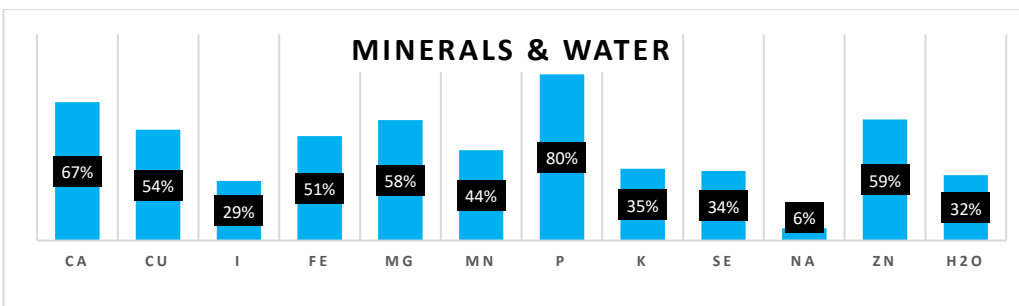
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



615kcal	117g	19g	20g	10.3g	1.43g	2.26g	5.28g	4.24g	1.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

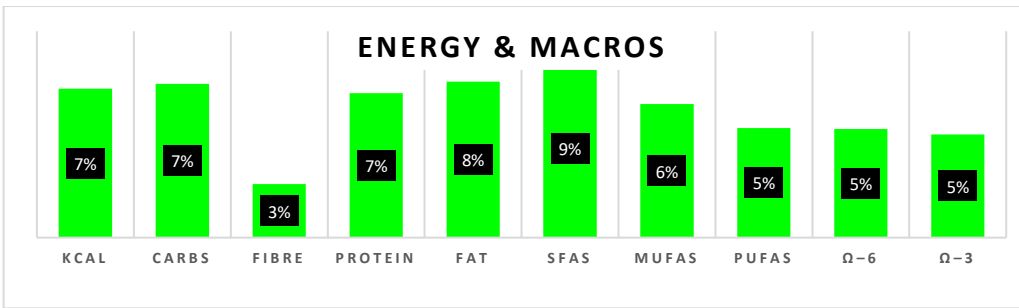




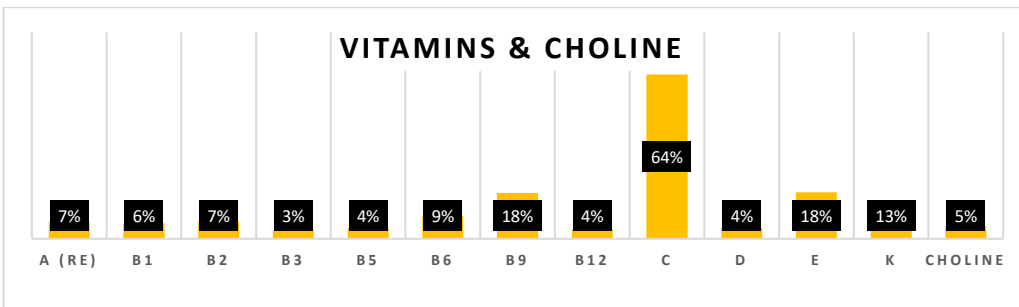
MANGO MANGO ICE CREAM
AS IT IS

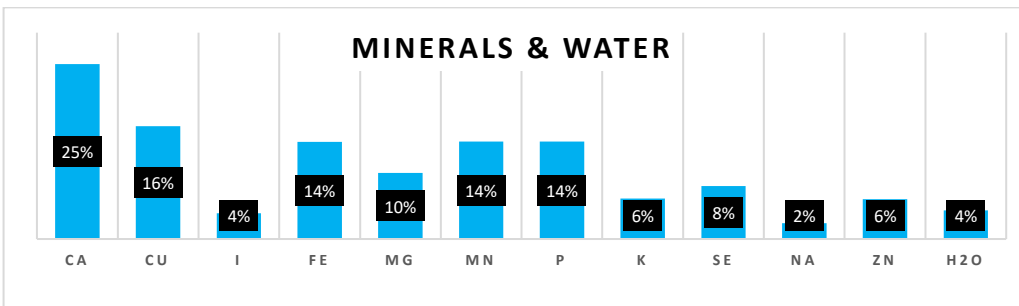
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



180kcal	34g	2g	5g	3.3g	0.82g	0.95g	1.01g	0.8g	0.19g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

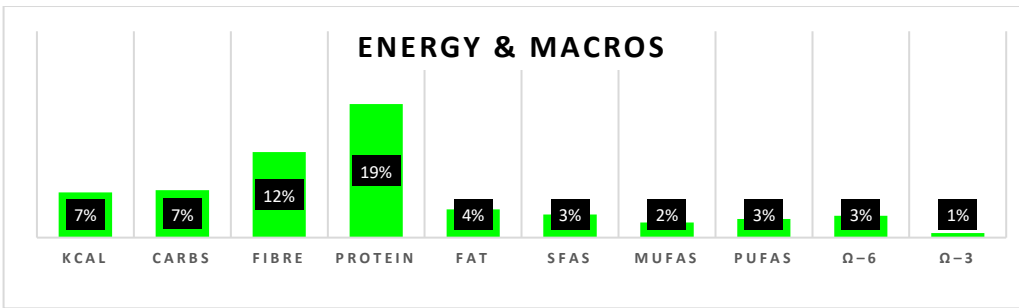




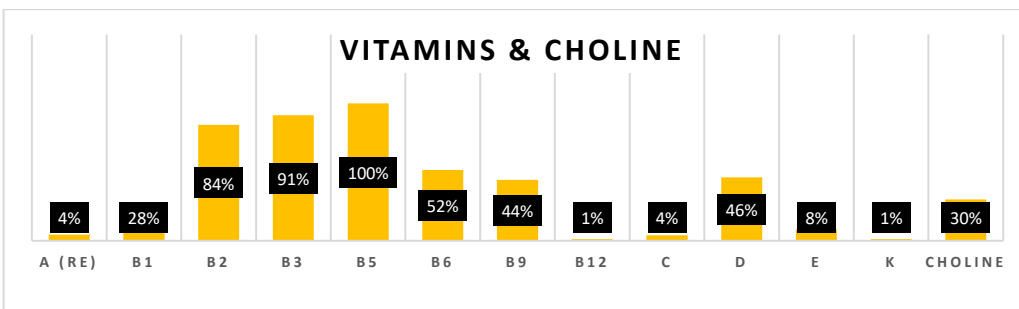
MEATY MUSHROOMS AS IT IS

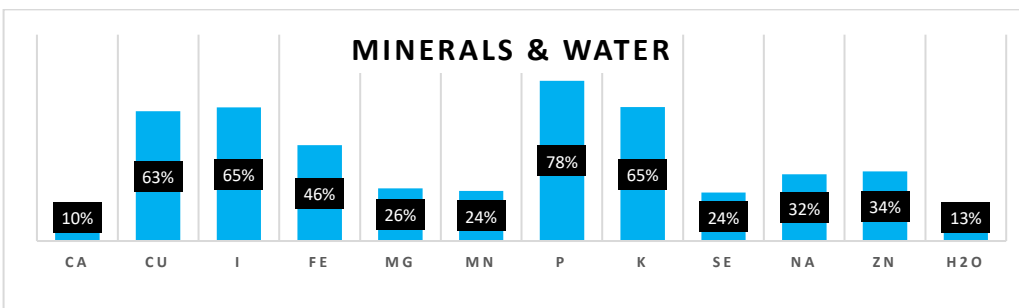
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 24:1



164kcal	31g	9g	15g	1.8g	0.32g	0.32g	0.51g	0.48g	0.02g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



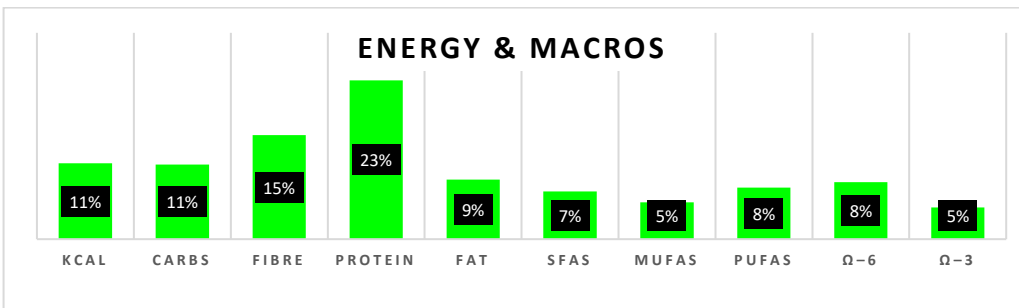


SNACK SUGGESTION

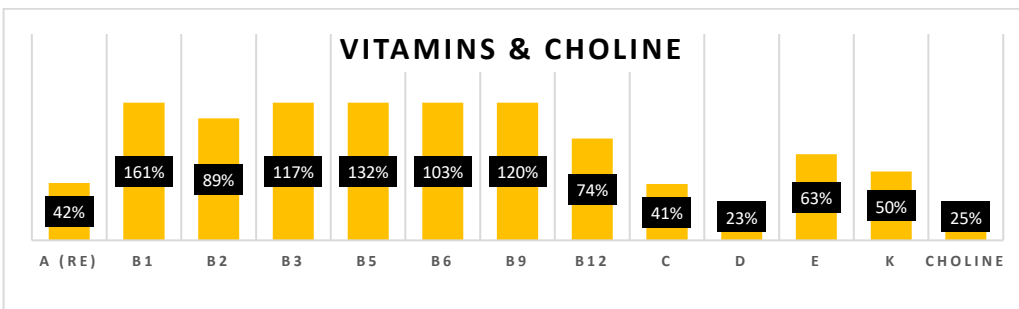
Meaty Mushrooms, Wholemeal Burger Bun or Bread
Grated Carrot, Sliced Tomato, Romaine Lettuce, Mustard
Sprinkled Nutritional Flakes, Glass of water

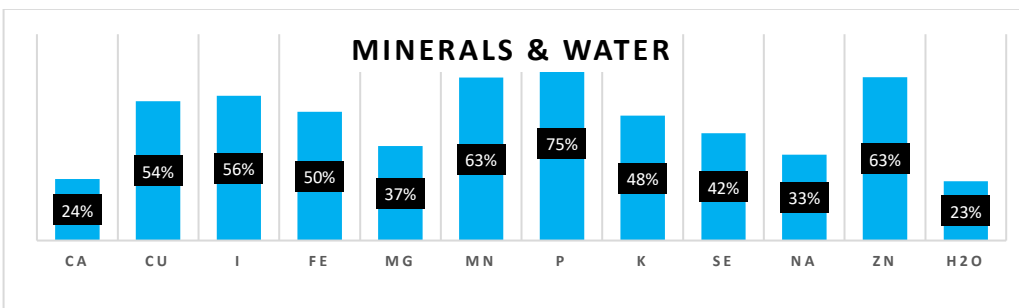
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



276kcal	49g	11g	18g	3.7g	0.66g	0.78g	1.42g	1.25g	0.17g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

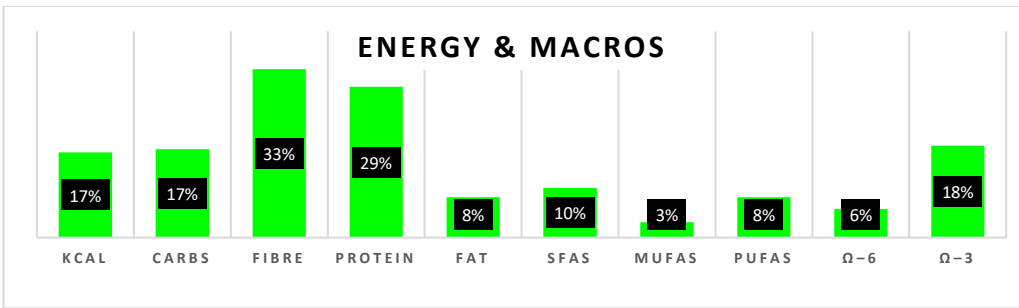




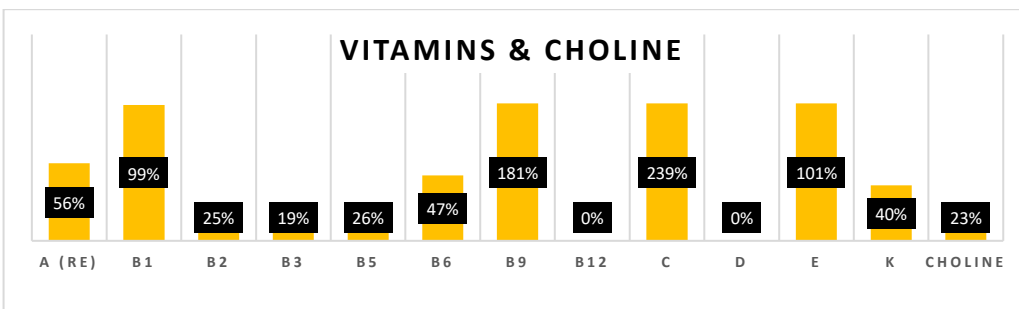
MEXICAN BEANS
AS IT IS

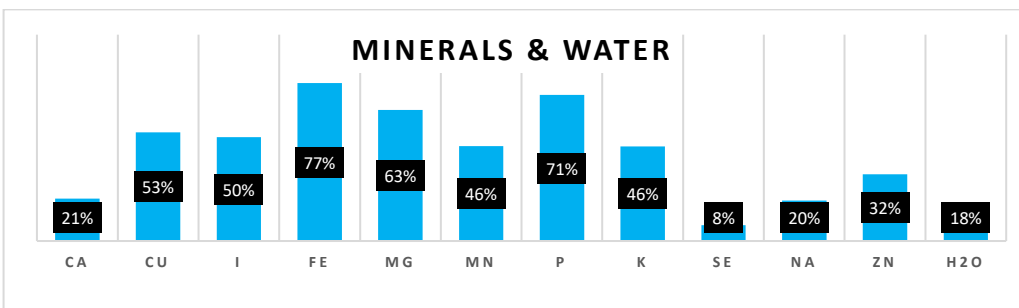
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:1



413kcal	77g	24g	23g	3.4g	0.91g	0.44g	1.49g	0.84g	0.68g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



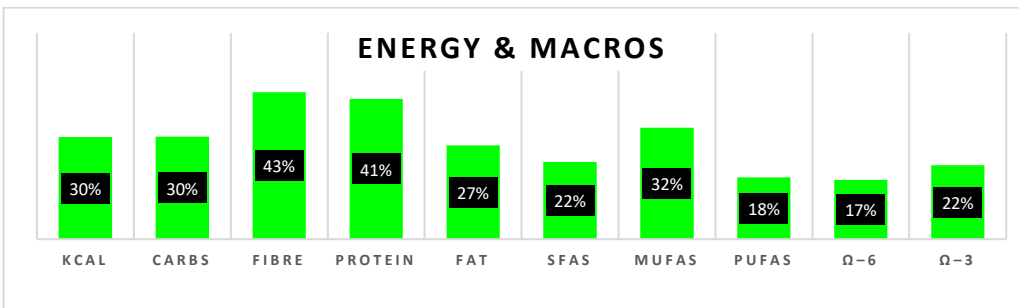


MEAL SUGGESTION

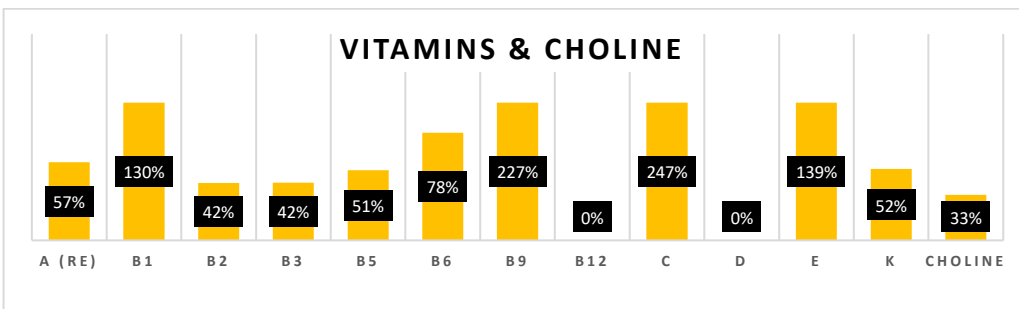
Mexican Beans
Brown Rice, Buckwheat or Quinoa
Sliced Avocado, Glass of water

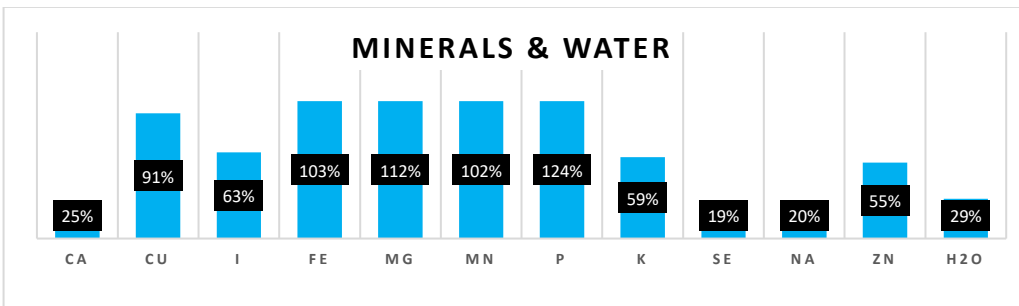
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



742kcal	134g	32g	32g	11.8g	2.13g	4.74g	3.4g	2.61g	0.81g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

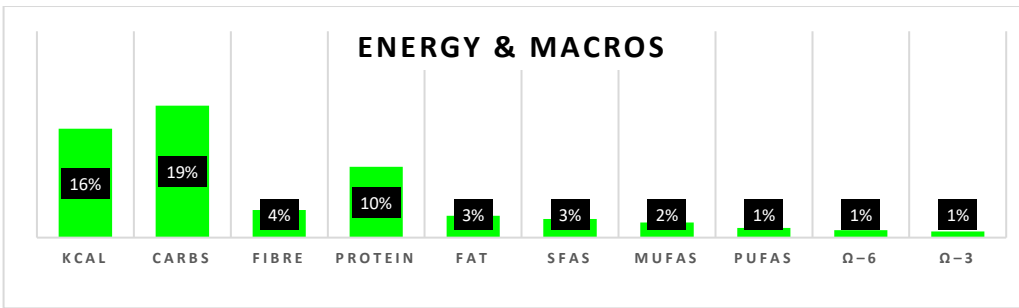




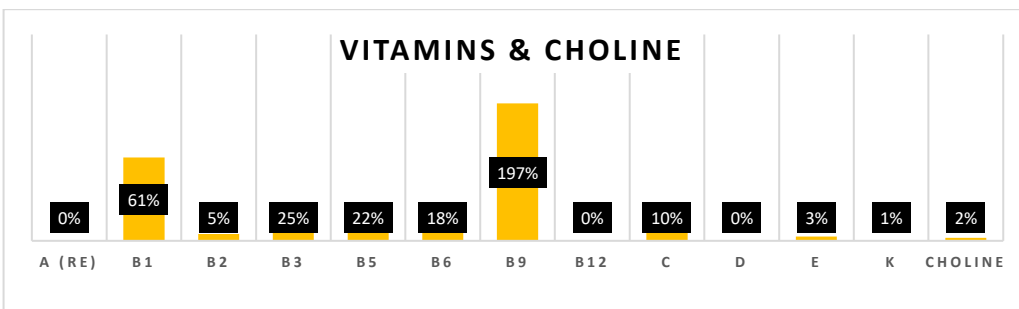
MIDDLE EAST RICE
AS IT IS

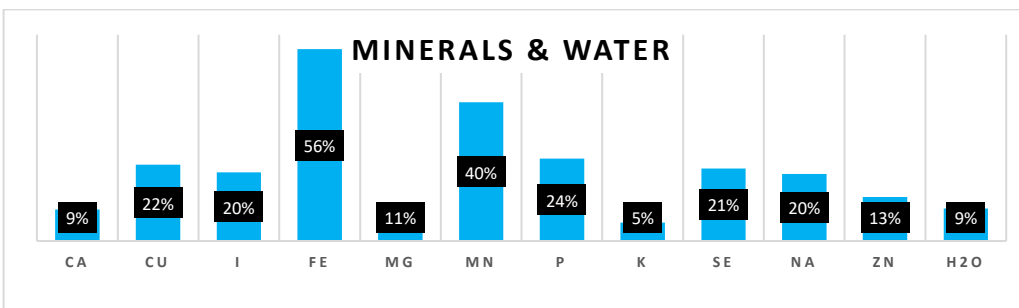
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



396kcal	86g	3g	8g	1.4g	0.26g	0.32g	0.27g	0.16g	0.03g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

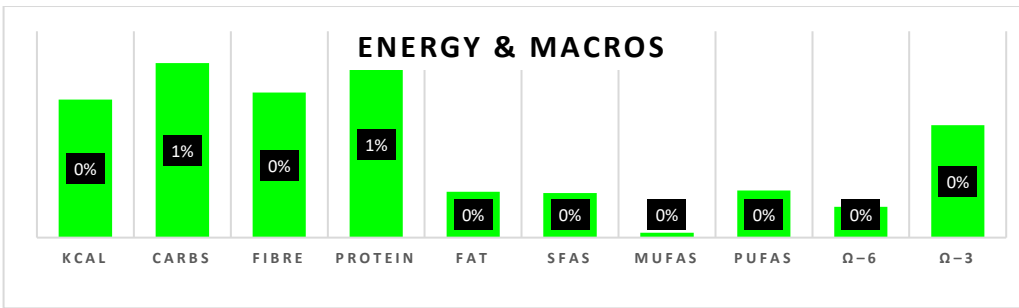




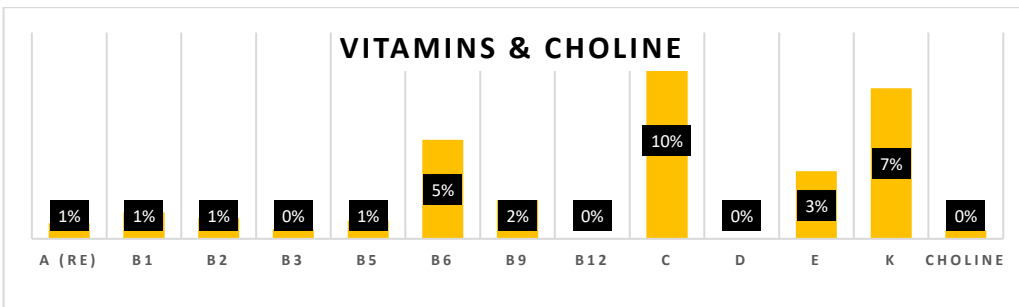
MINT & GARLIC DRESSING
AS IT IS

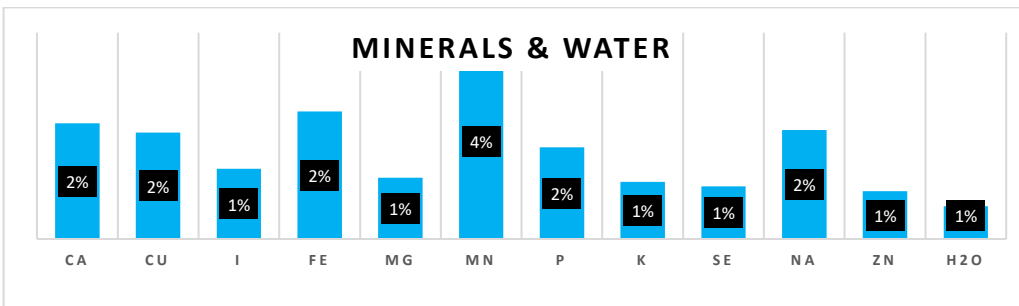
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:1



10kcal	2g	0g	0g	0.1g	0.01g	0g	0.03g	0.01g	0.01g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



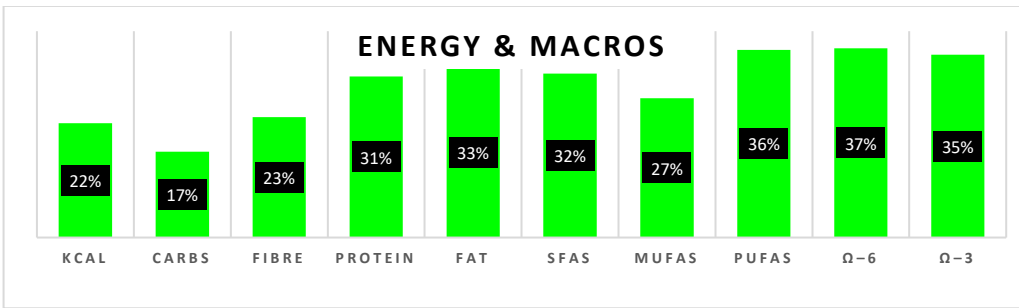


MISO GINGER STIR FRY

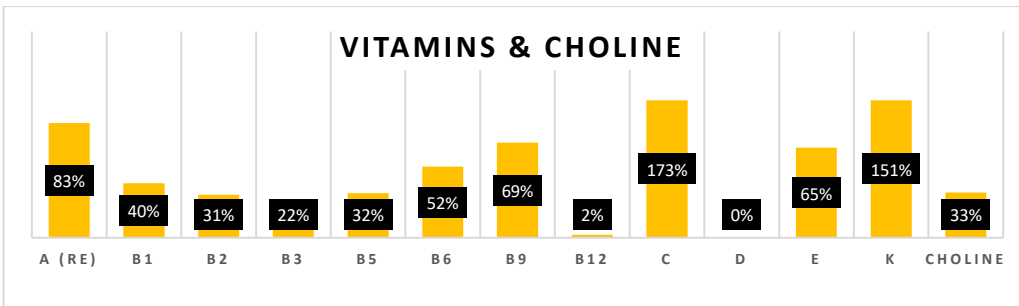
AS IT IS

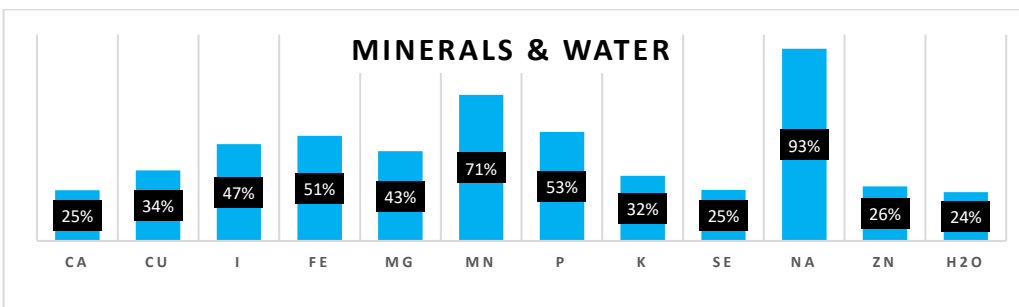
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



555kcal	75g	18g	24g	14.3g	3.01g	3.95g	6.89g	5.56g	1.34g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**





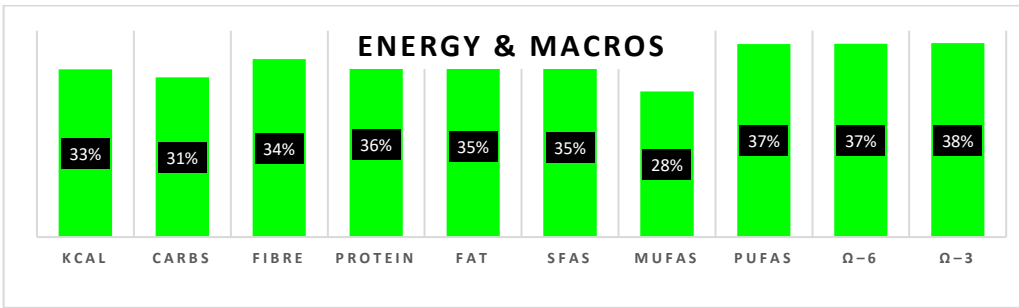
TIP: reduce the sodium (NA) by reducing the soya sauce and/or miso paste

MEAL SUGGESTION

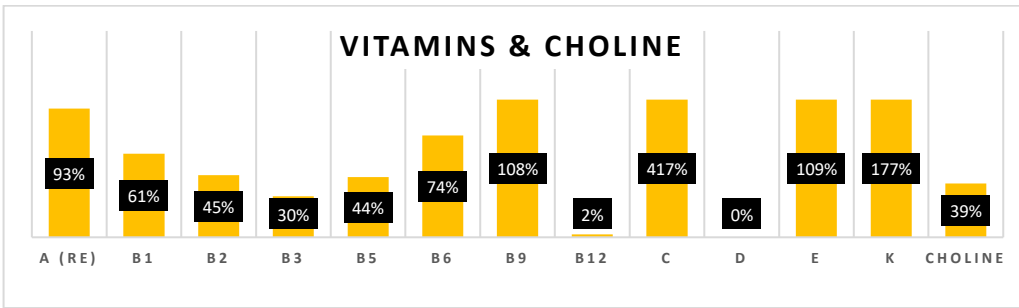
Miso Ginger Stir Fry
Fruit Salad

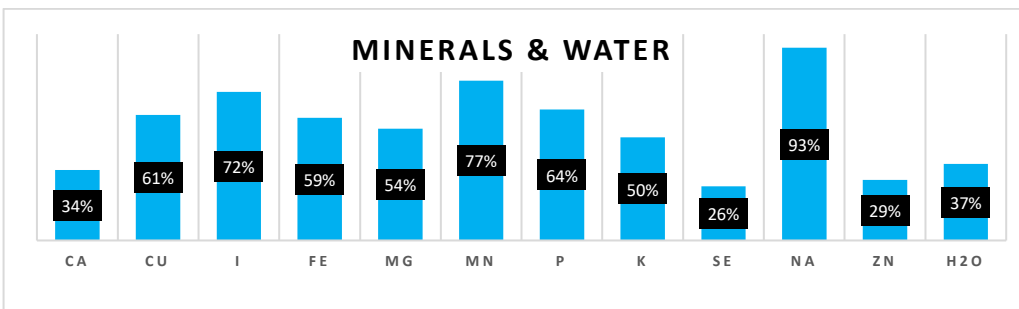
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



813kcal	139g	26g	28g	15.2g	3.3g	4.13g	7.09g	5.68g	1.42g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



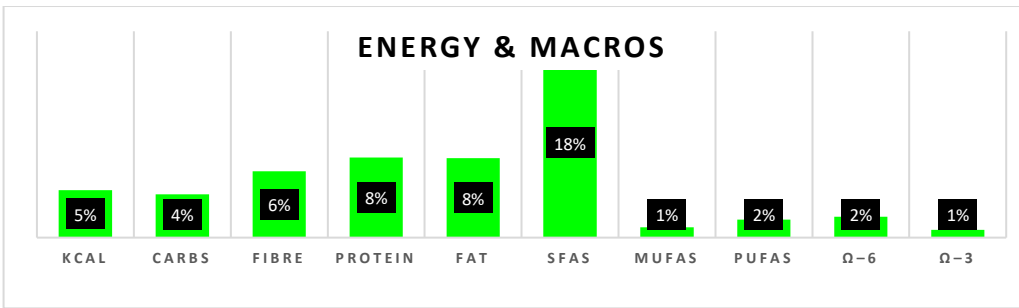


TIP: reduce the sodium (NA) by reducing the soya sauce and/or miso paste

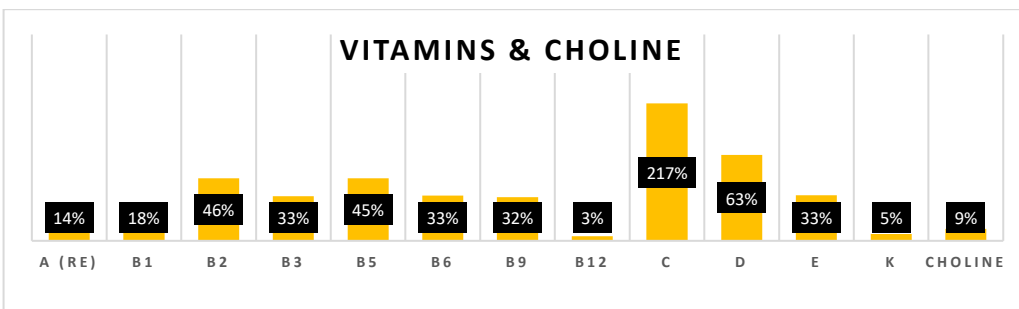
MUSHROOM CURRY AS IT IS

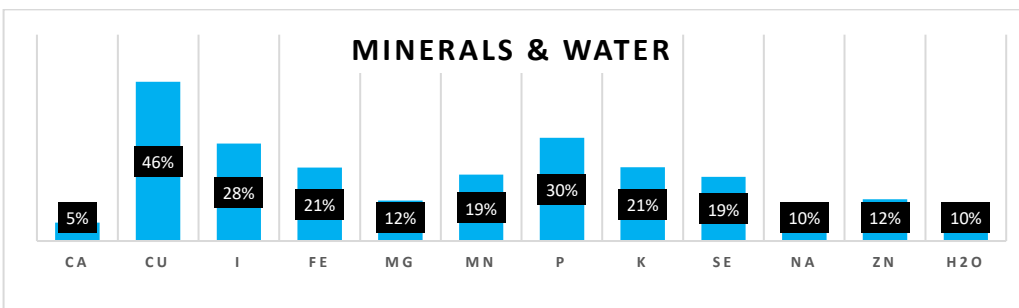
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 10:1



115kcal	19g	5g	6g	3.3g	1.74g	0.15g	0.33g	0.31g	0.03g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



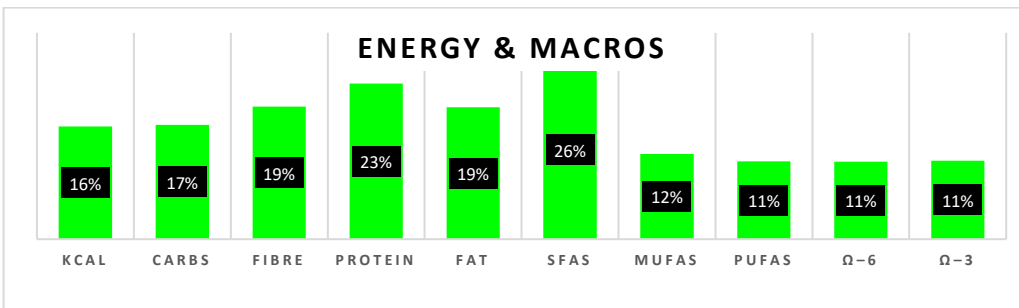


SNACK SUGGESTION

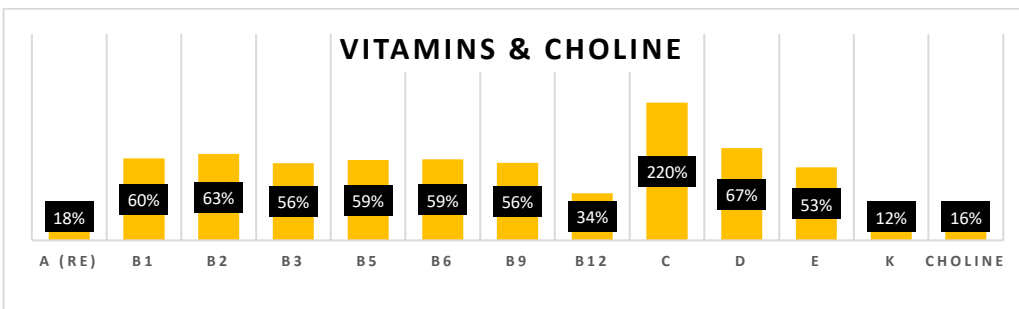
Mushroom Curry, Sprinkled Ground Linseed
Chapatis *(See our recipe),* or Wholegrain Bread with Avocado
Glass of Water

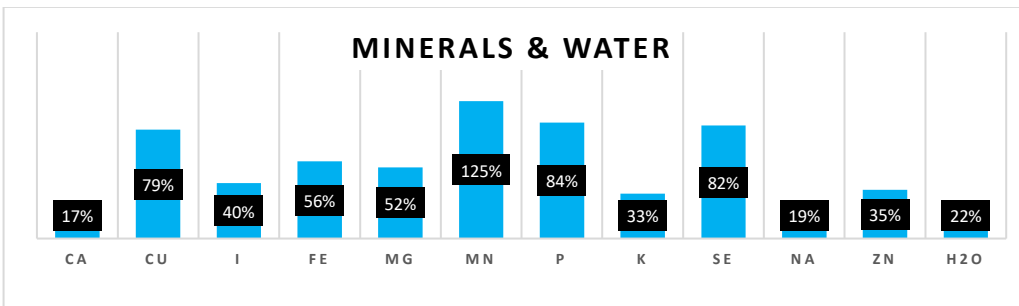
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



410kcal	75g	14g	18g	8.3g	2.46g	1.81g	2.15g	1.71g	0.43g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

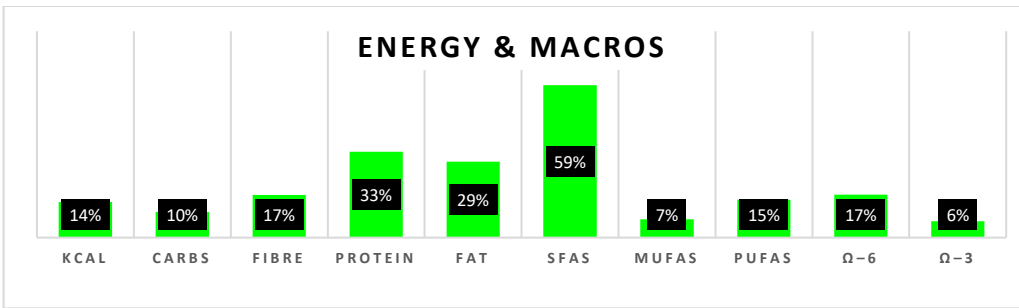




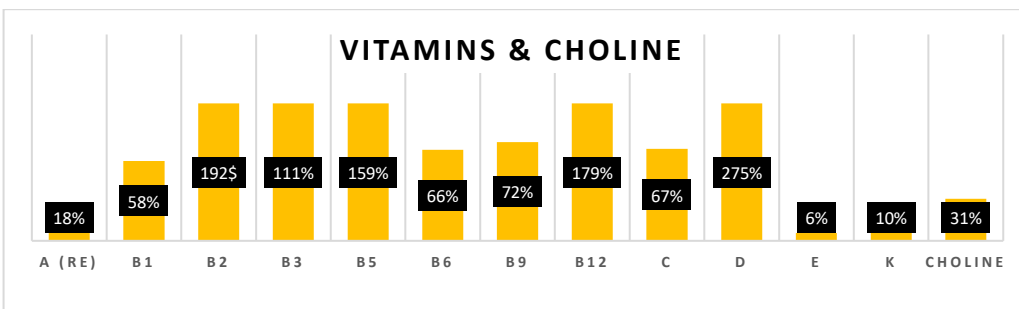
MUSHROOM SOUP
AS IT IS

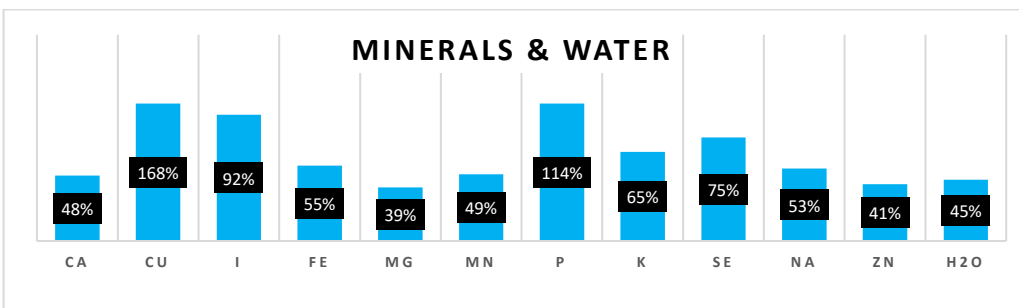
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 11:1



347kcal	45g	12g	26g	12.7g	5.6g	1.04g	2.78g	2.53g	0.24g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



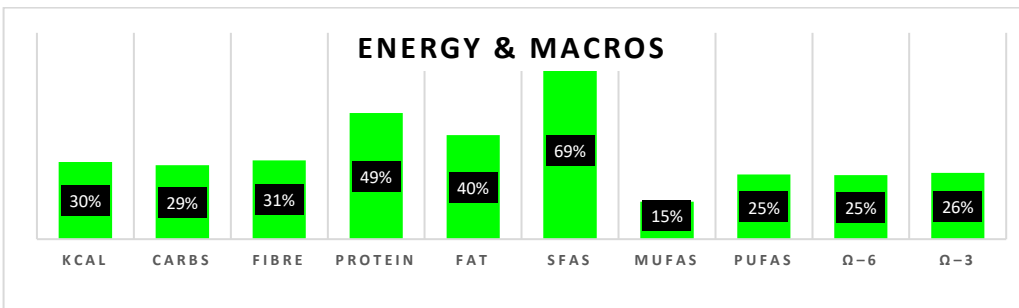


MEAL SUGGESTION

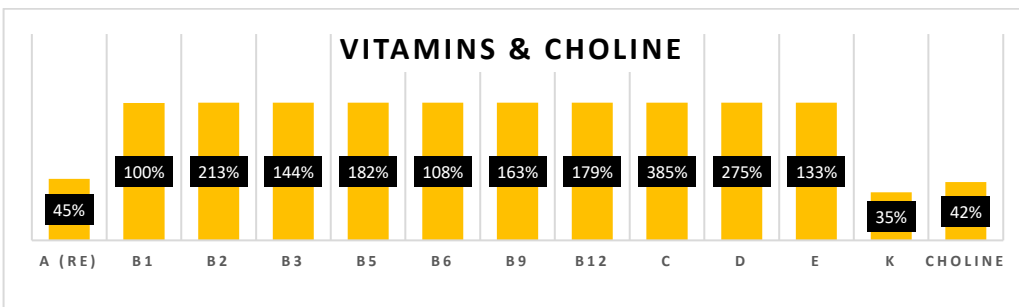
Mushroom Soup, Wholegrain Bread
Sprinkled Ground Linseed, Mango Fruit Salad

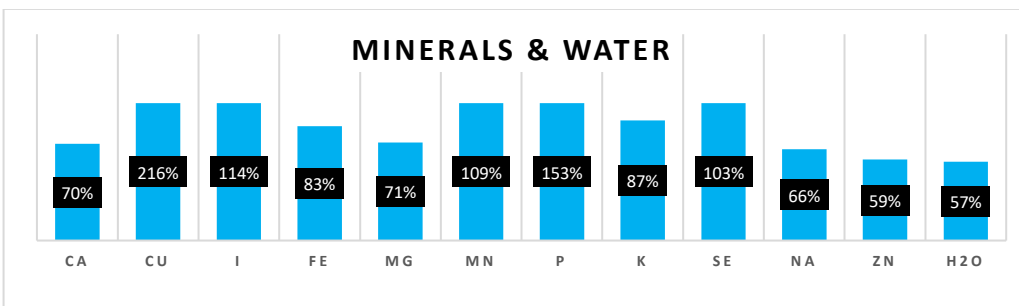
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



749kcal	129g	23g	38g	17.4g	6.51g	2.12g	4.74g	3.76g	0.97g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



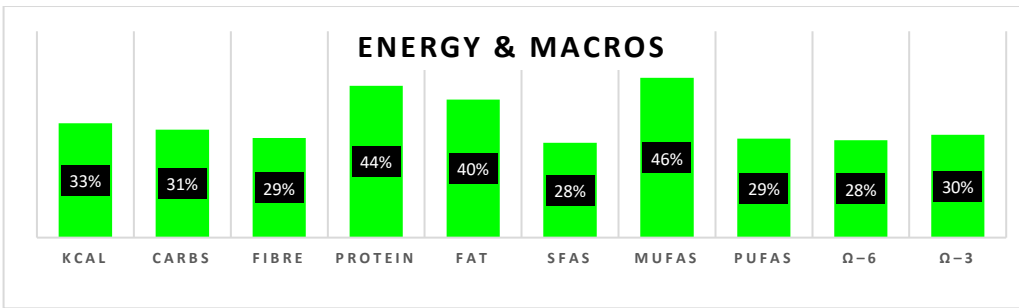


NORI ROLLS

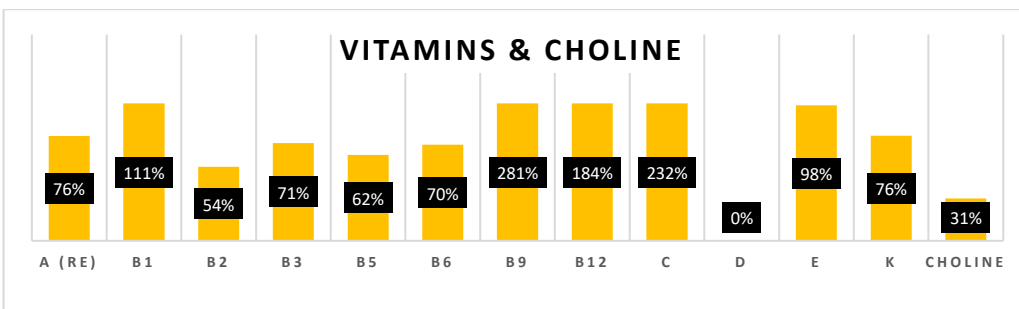
AS IT IS & MEAL SUGGESTION

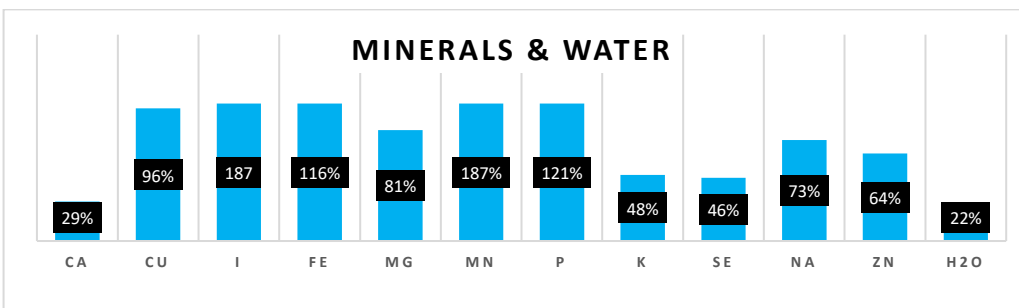
Nutrient data is worked out per portion in accordance with the recipe.
This recipe is a great meal in and of itself, just add a glass of water.
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



831kcal	141g	22g	35g	17.3g	2.61g	6.8g	5.46g	4.29g	1.13g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

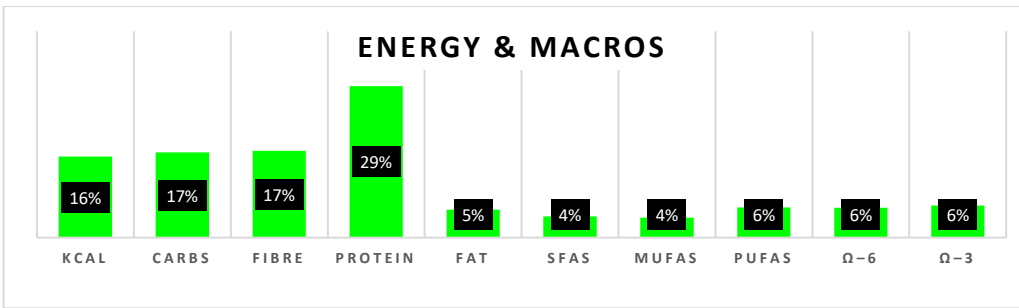




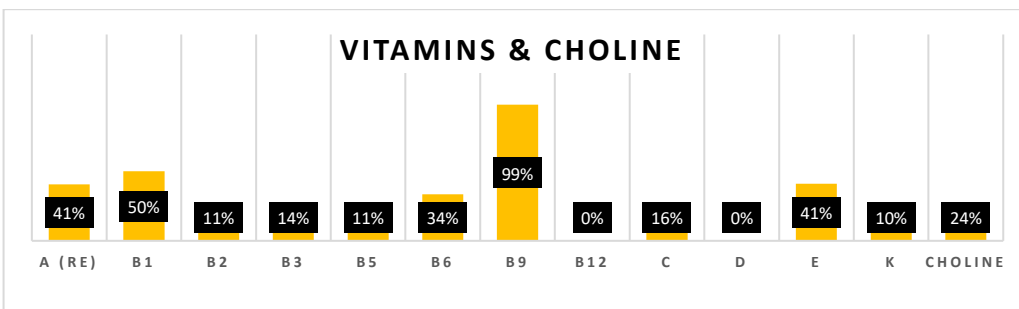
NORTH AFRICAN LENTIL SOUP AS IT IS

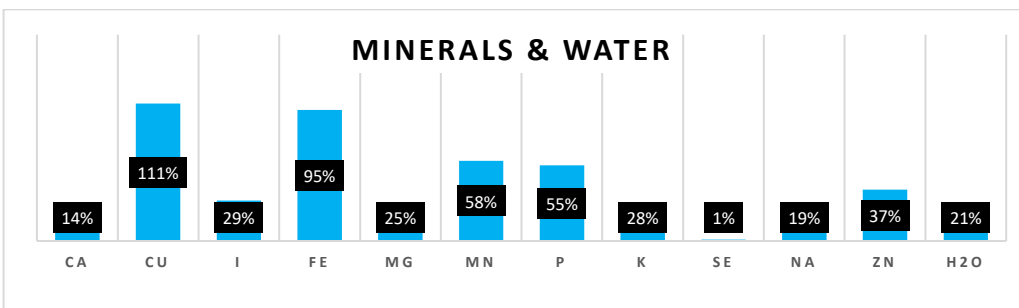
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



394kcal	74g	13g	23g	2.3g	0.39g	0.57g	1.11g	0.88g	0.24g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



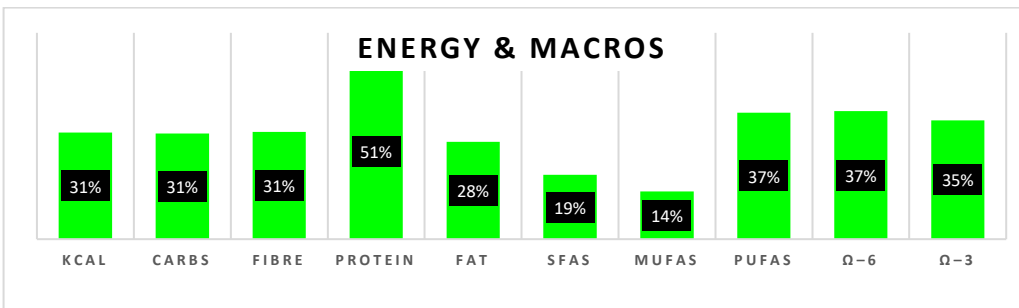


MEAL SUGGESTION

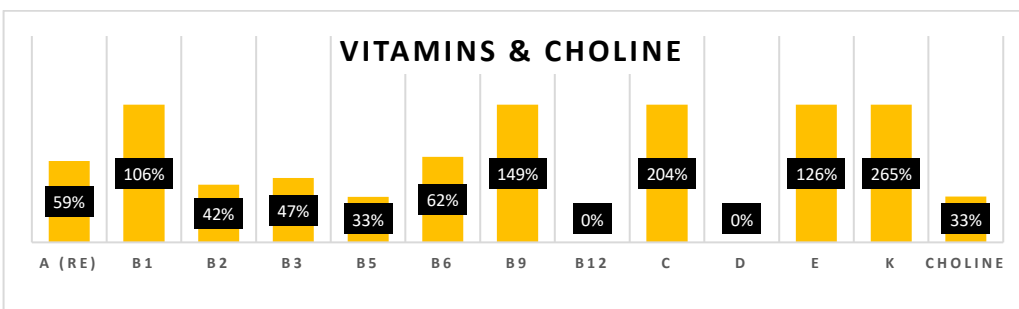
North African Lentil Soup, Wholegrain Bread
Steamed Kale with Walnuts
Orange Wedges & Cherries

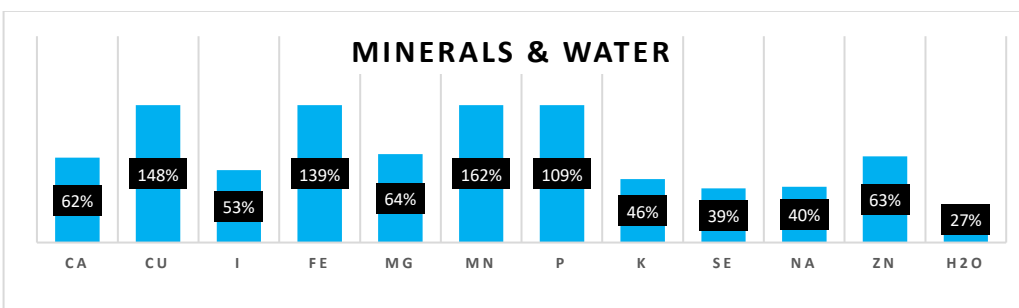
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



775kcal	138g	23g	40g	12.2g	1.77g	2.03g	6.97g	5.65g	1.31g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

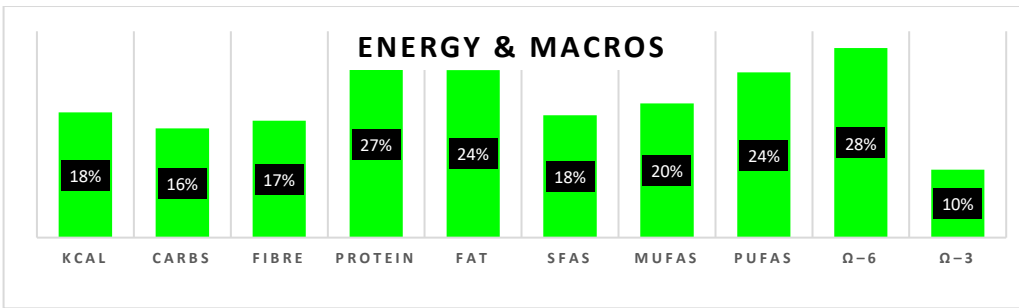




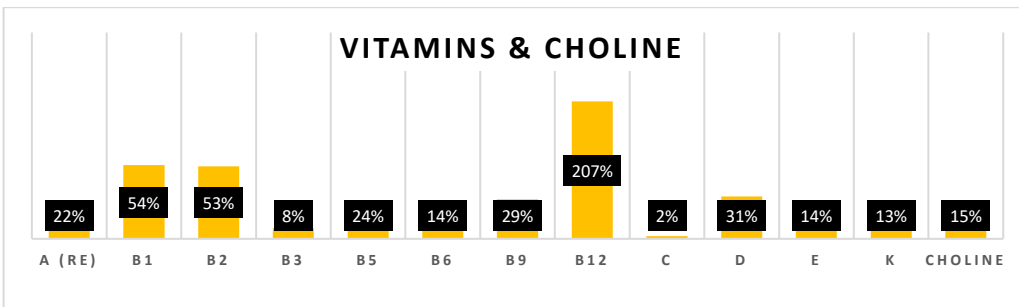
OAT GROAT PORRIDGE AS IT IS

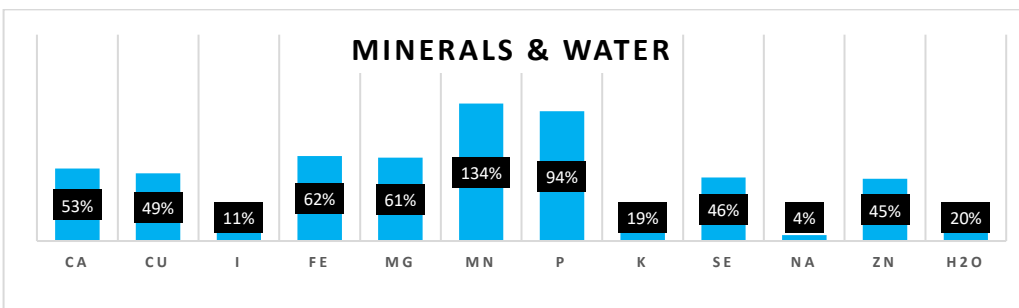
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 11:1



455kcal	71g	13g	21g	10.5g	1.69g	2.86g	4.55g	4.18g	0.38g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



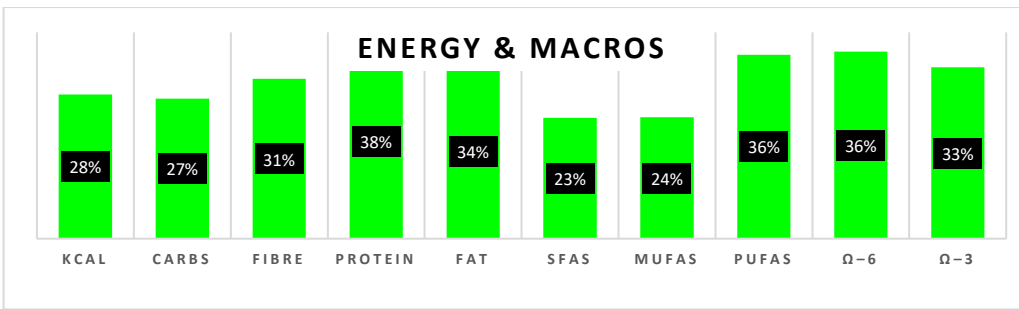


MEAL SUGGESTION

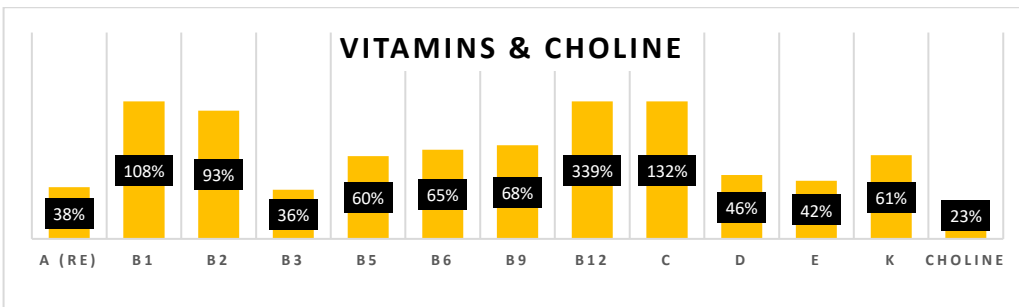
Oat Groat Porridge, Plant-based Milk Alternative *(we use Soya)*
Apple or Banana, Dried Apricots, Blueberries, Dried Mulberries, Chia Seeds
Ceylon Cinnamon or Carob Powder, Pinch of Nutritional yeast

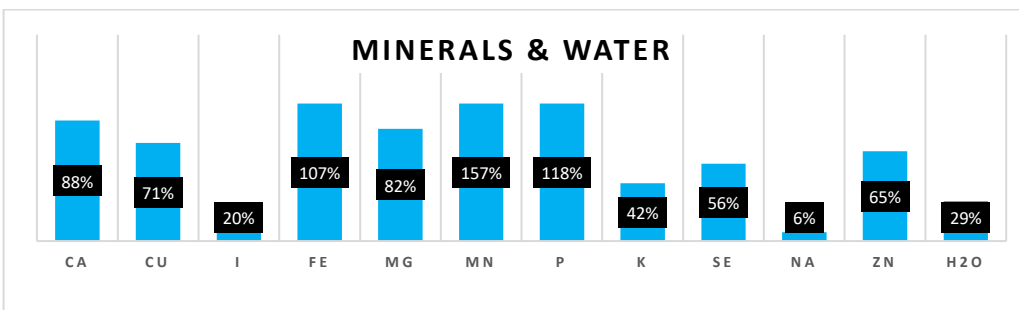
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



698kcal	122g	23g	29g	14.5g	2.22g	3.44g	6.75g	5.5g	1.26g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

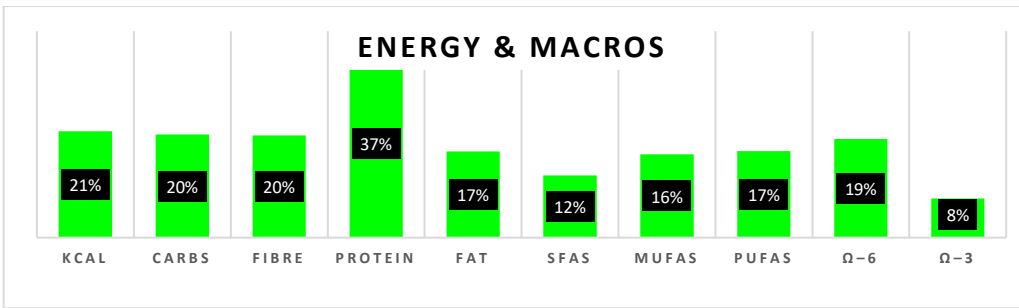




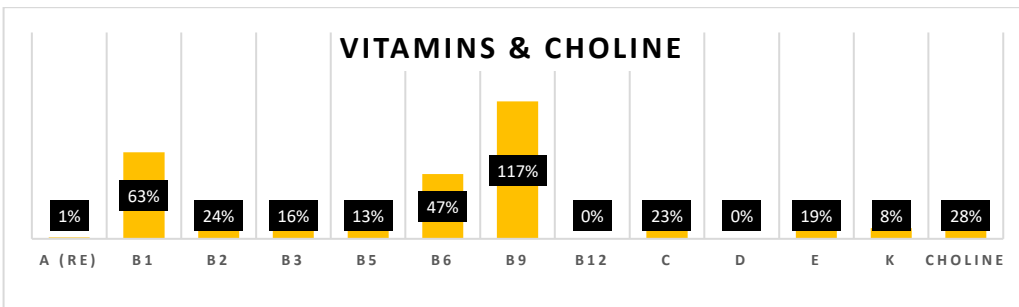
ORIENTAL LENTILS AS IT IS

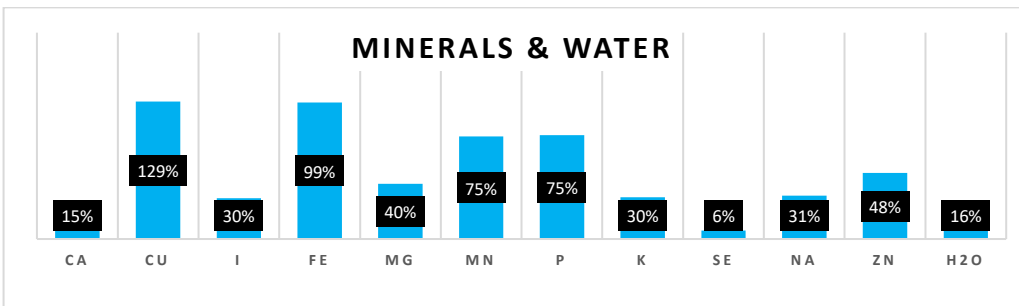
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 10:1



516kcal	90g	15g	29g	7.2g	1.14g	2.37g	3.18g	2.89g	0.29g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



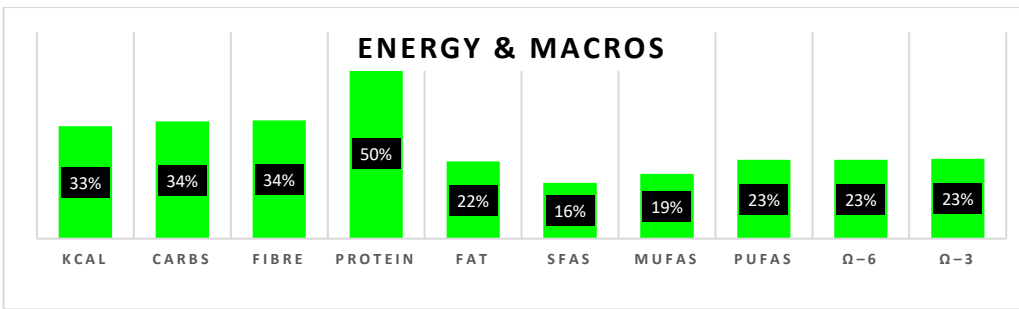


MEAL SUGGESTION

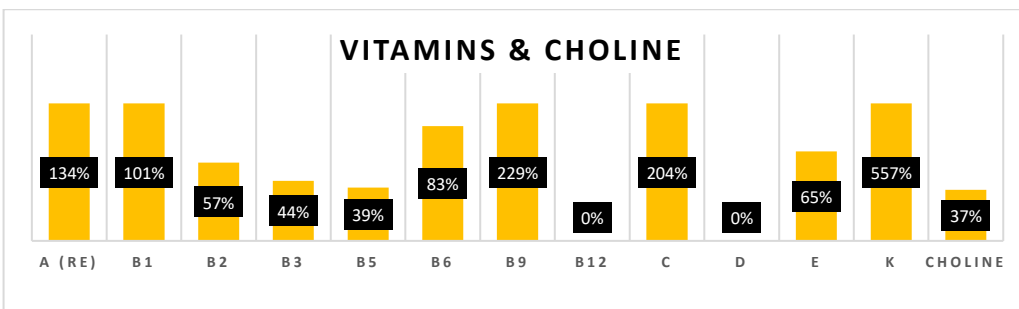
Oriental Lentils, Buckwheat, Quinoa, Rice, Sweet Potato
Steamed Spinach, kale, Sprinkle of Freshly Ground Linseed
Glass of water

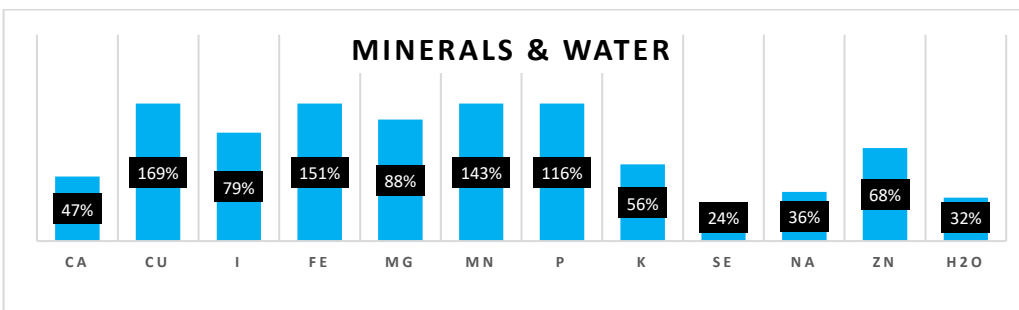
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



818kcal	153g	26g	39g	9.7g	1.54g	2.76g	4.34g	3.47g	0.88g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

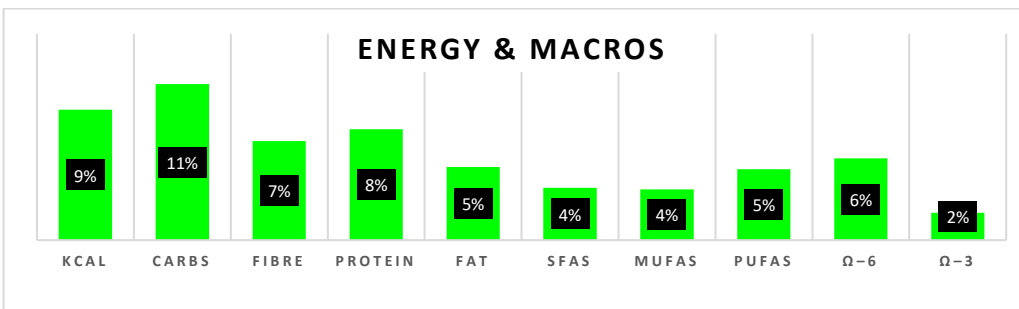




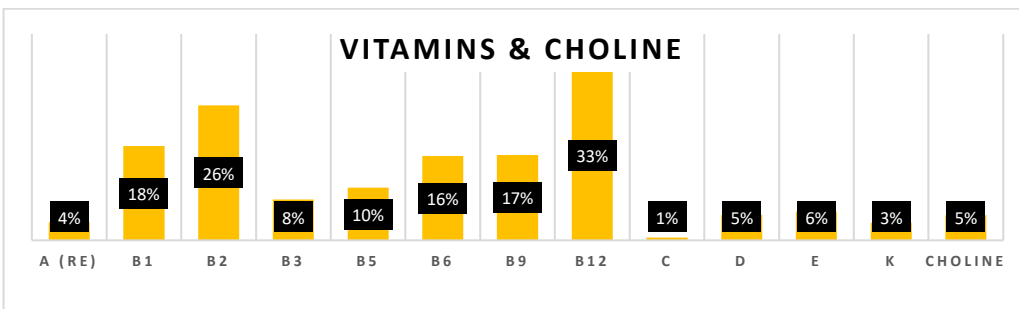
PARKIN CAKE AS IT IS

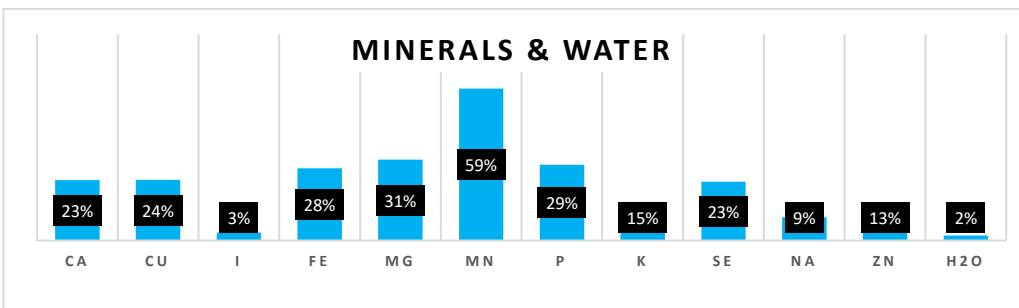
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 11:1



237kcal	51g	5g	6g	2.3g	0.36g	0.54g	0.98g	0.9g	0.08g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

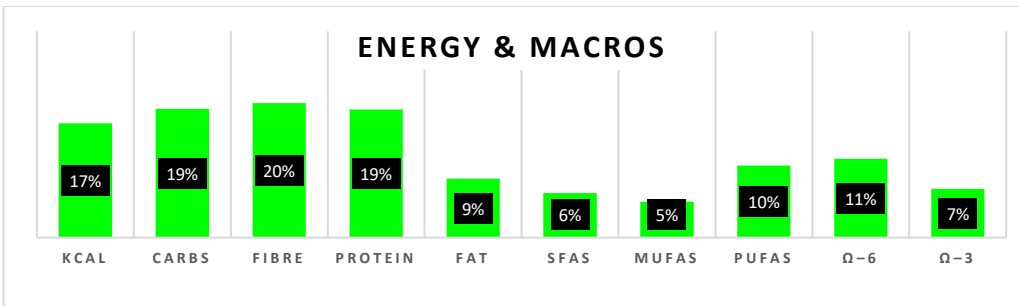




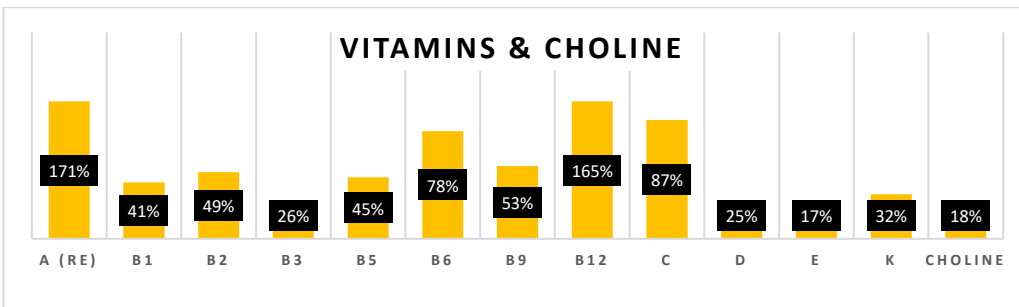
PARSNIP & POTATO SOUP
AS IT IS

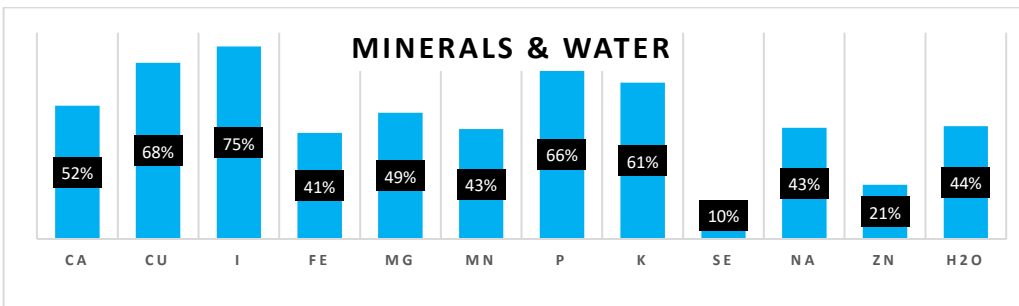
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



416kcal	84g	15g	15g	3.7g	0.61g	0.77g	1.99g	1.74g	0.27g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



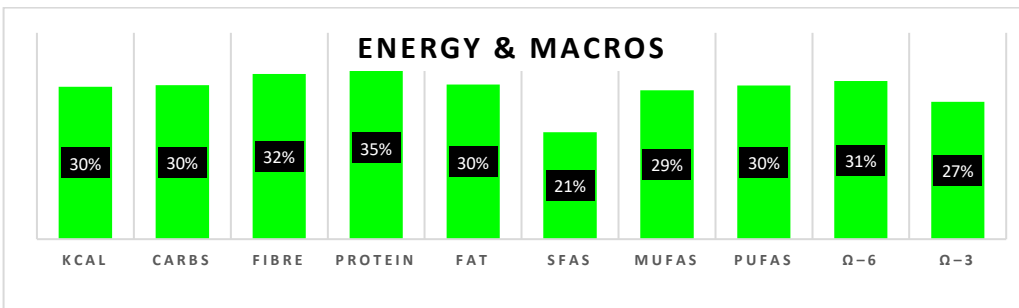


MEAL SUGGESTION

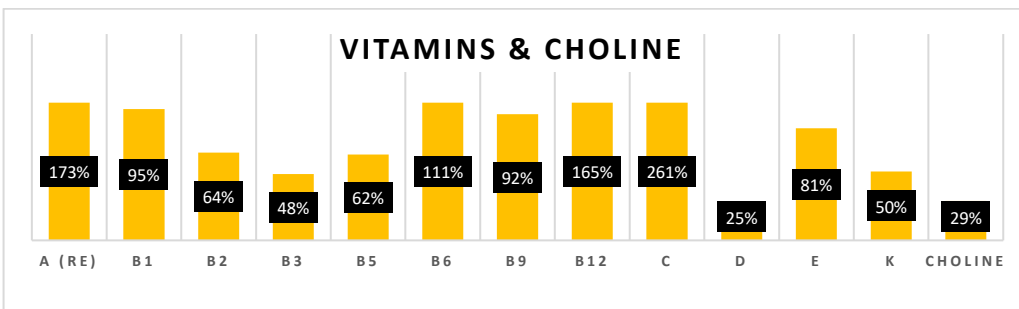
Parsnip & Potato Soup, Wholegrain Bread
Pistachio Nuts, Freshly Ground Linseeds
Fresh Orange

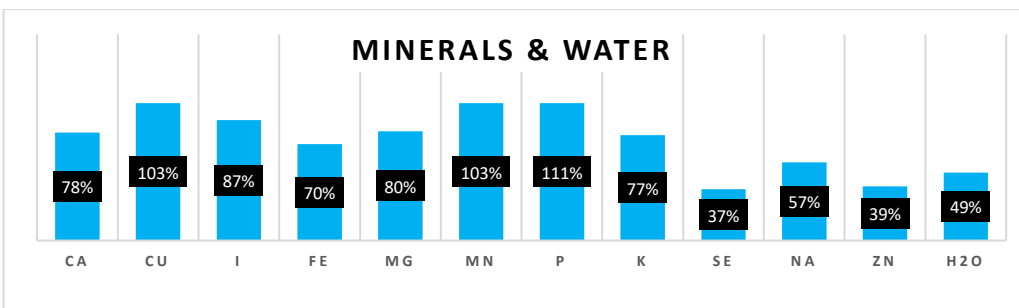
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



739kcal	134g	24g	28g	12.9g	1.96g	4.23g	5.64g	4.64g	1.01g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

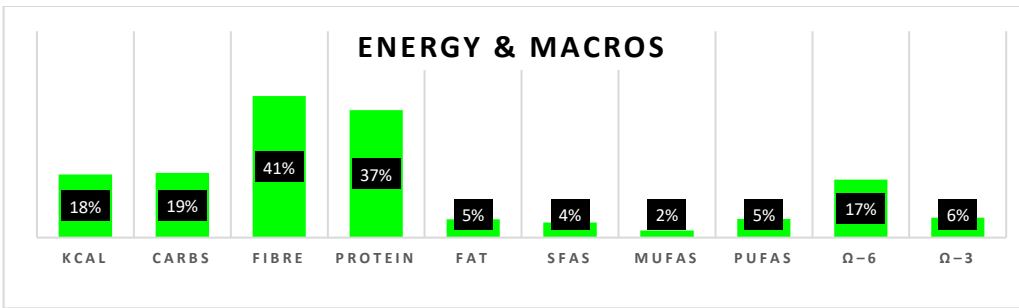




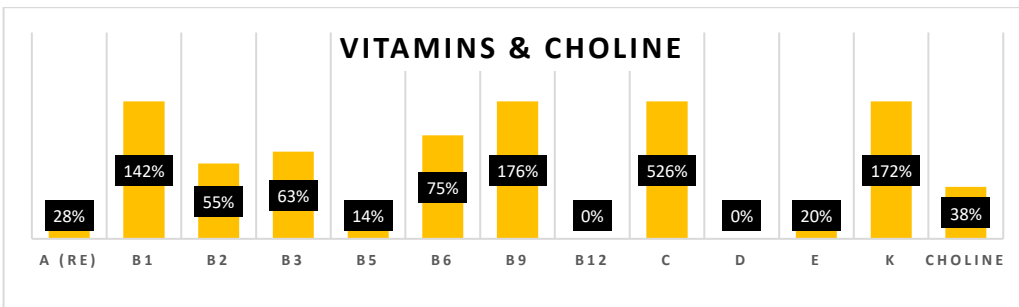
PEA SOUP
AS IT IS

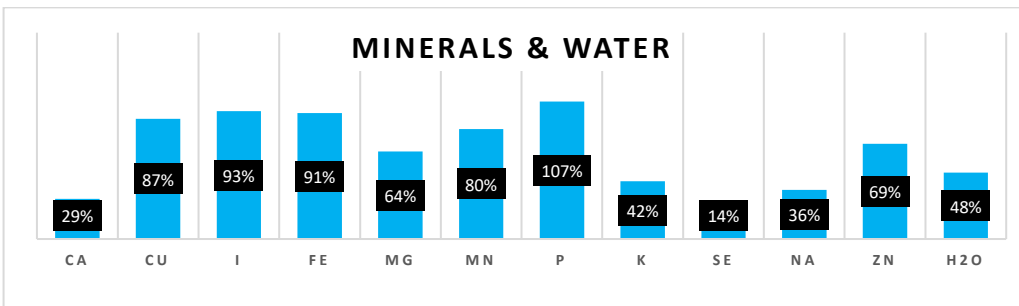
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 12:1



460kcal	85g	31g	29g	2.3g	0.41g	0.3g	1.03g	2.56g	0.22g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



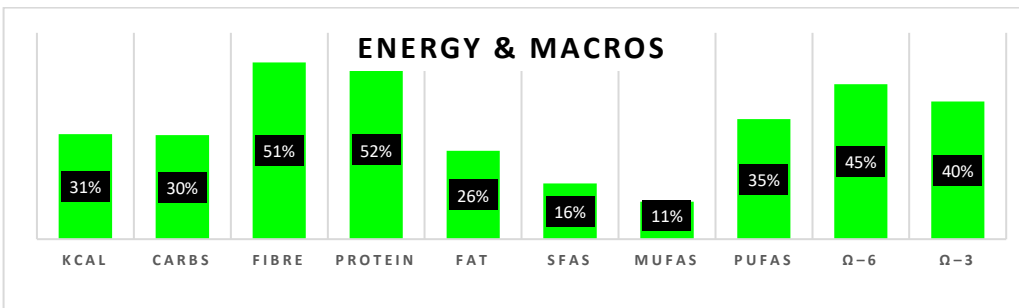


MEAL SUGGESTION

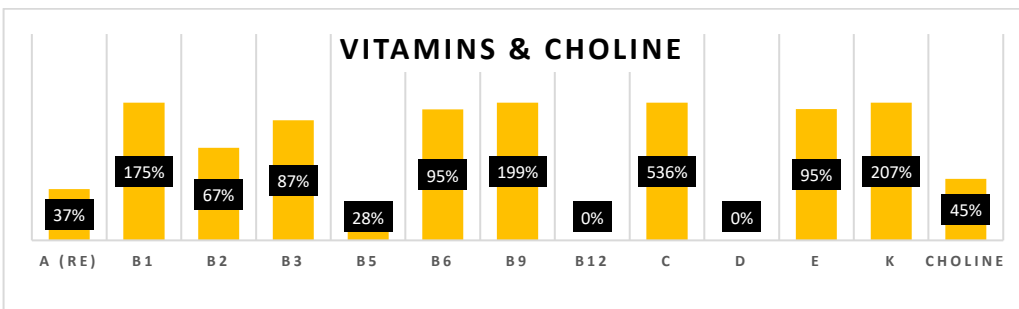
Pea Soup, Fresh Mint, Wholegrain Bread
Walnut Halves, Freshly Ground Linseed
Dried or Fresh Apricots

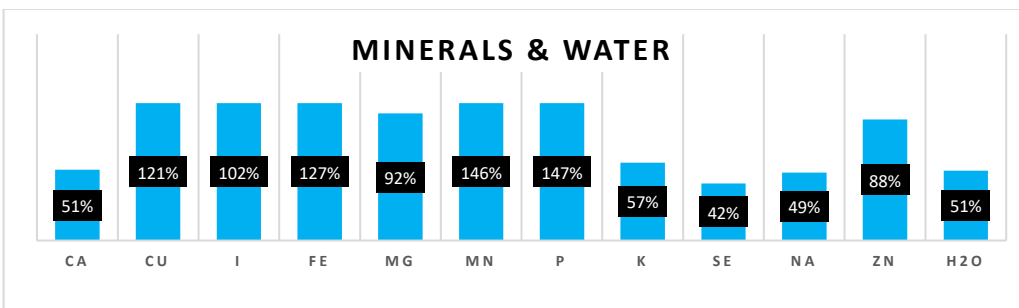
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



763kcal	136g	39g	41g	11.1g	1.54g	1.59g	6.61g	6.83g	1.52g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

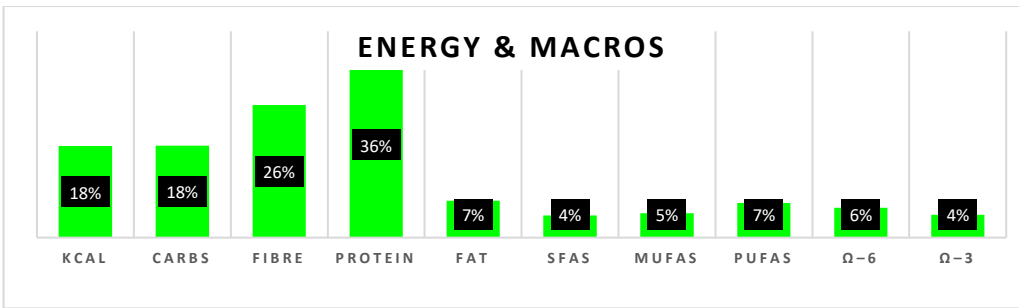




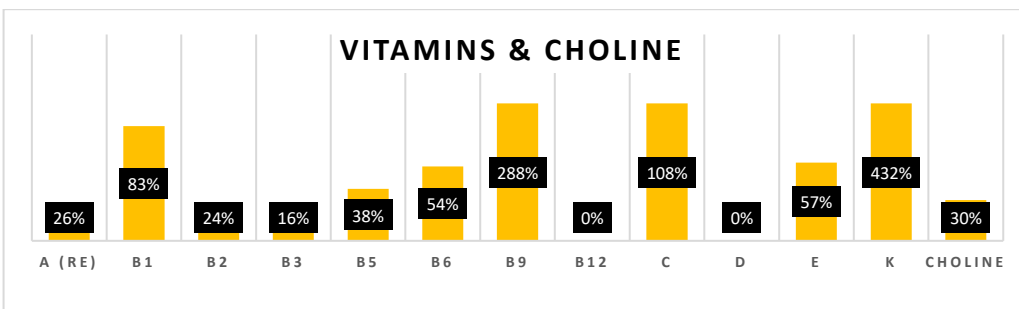
PERSIAN BEAN SOUP
AS IT IS

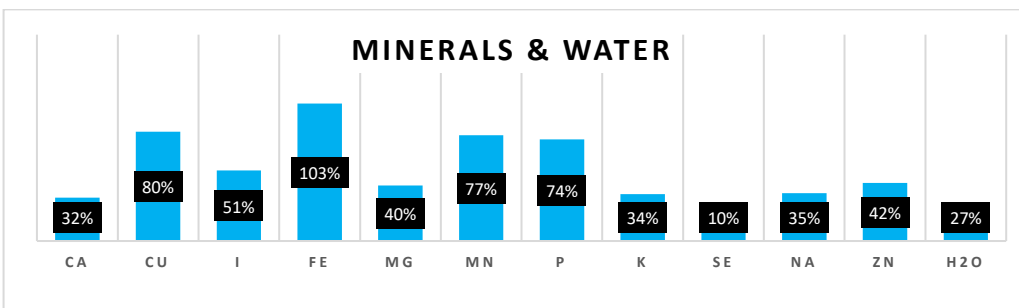
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



444kcal	80g	19g	28g	3.1g	0.41g	0.69g	1.27g	0.88g	0.17g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



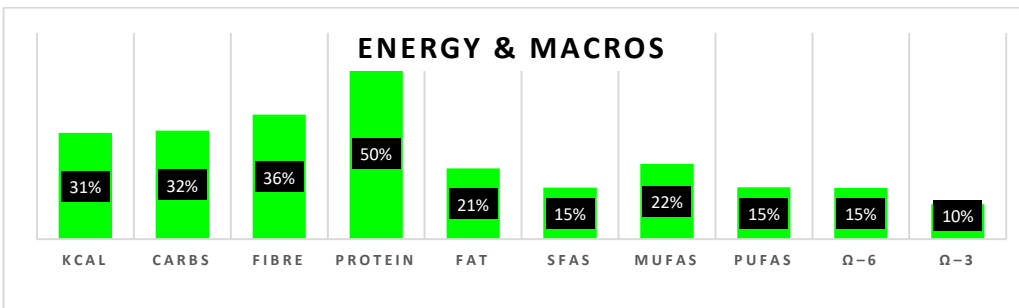


MEAL SUGGESTION

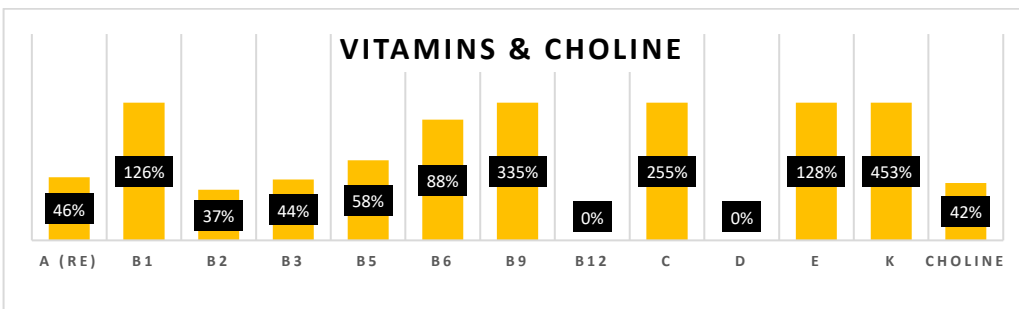
Persian Soup, Wholegrain Bread
Green Olives. Honeydew Melon.

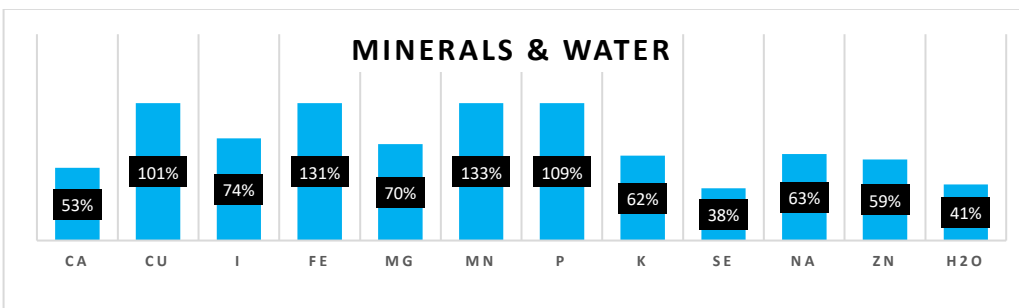
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



773kcal	142g	27g	39g	8.8g	1.42g	3.21g	2.86g	2.25g	0.38g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



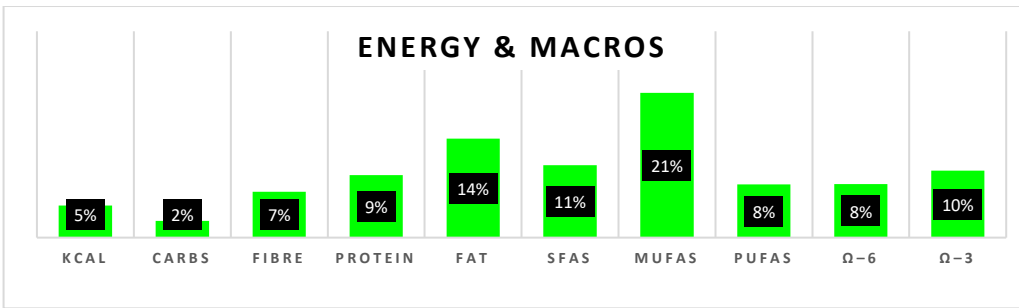


PESTO FOR PASTA

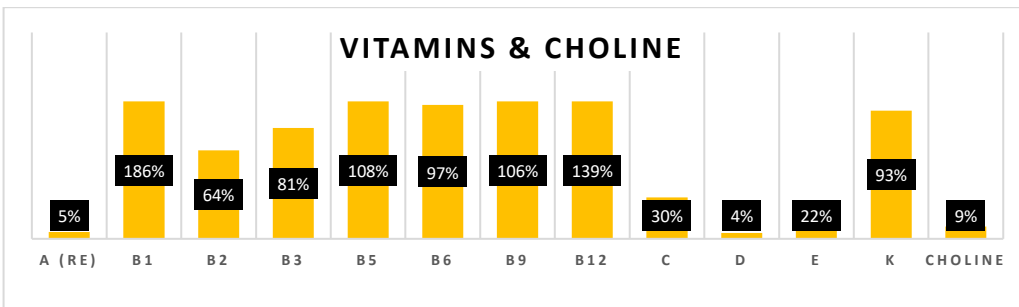
AS IT IS

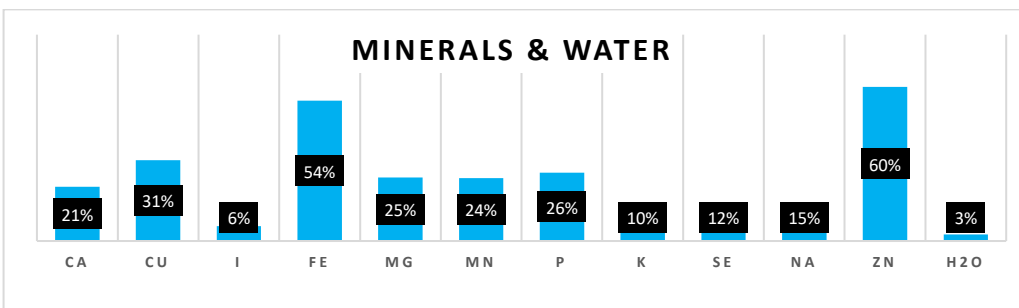
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



117kcal	11g	5g	7g	6.2g	1g	3.08g	1.47g	1.18g	0.37g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



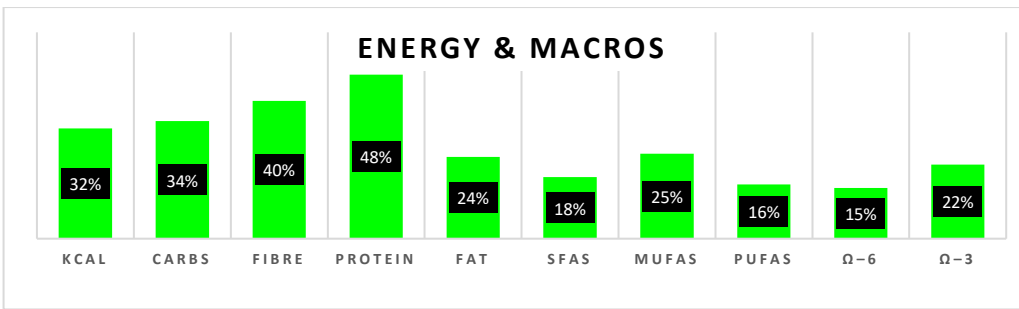


MEAL SUGGESTION

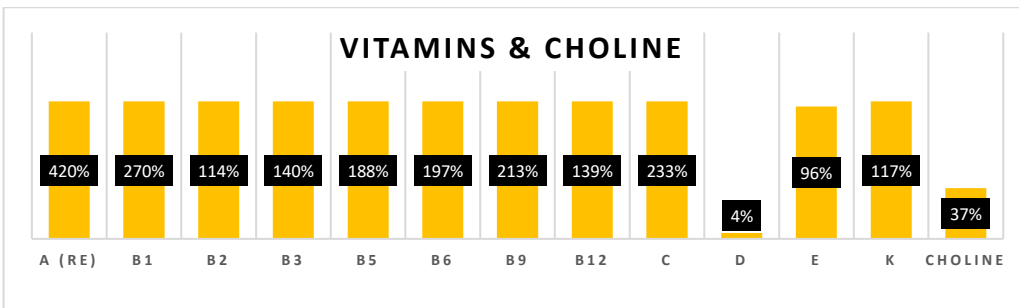
Fresh Fruit Salad
Pesto for Pasta mixed with wholegrain or lentil/edamame pasta
Boiled, Steamed or Roast Sweet Potato, Glass of water

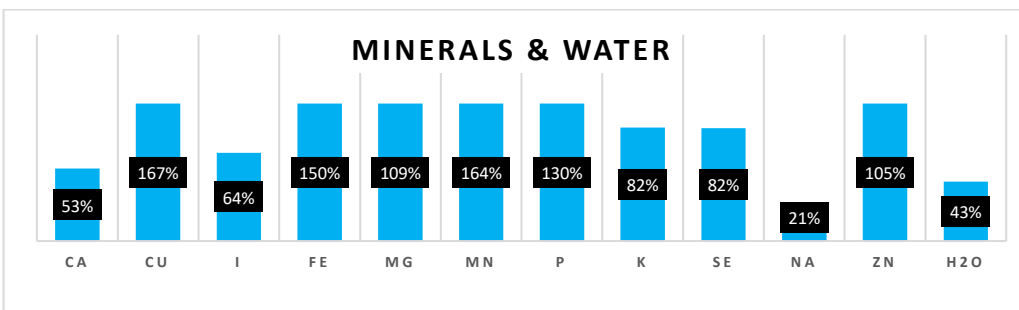
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



801kcal	154g	30g	37g	10.2g	1.7g	3.61g	3g	2.24g	0.82g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

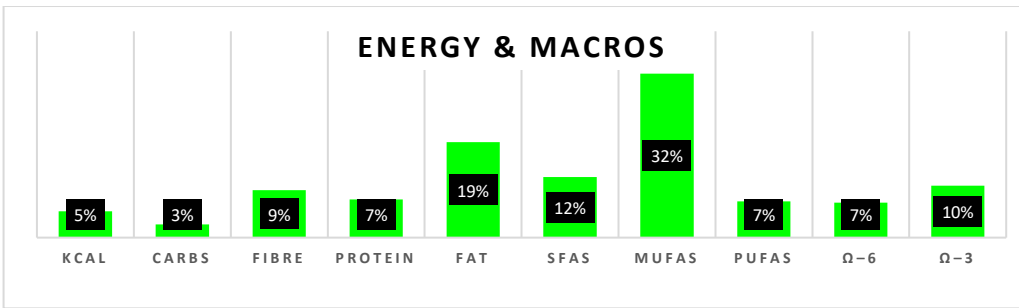




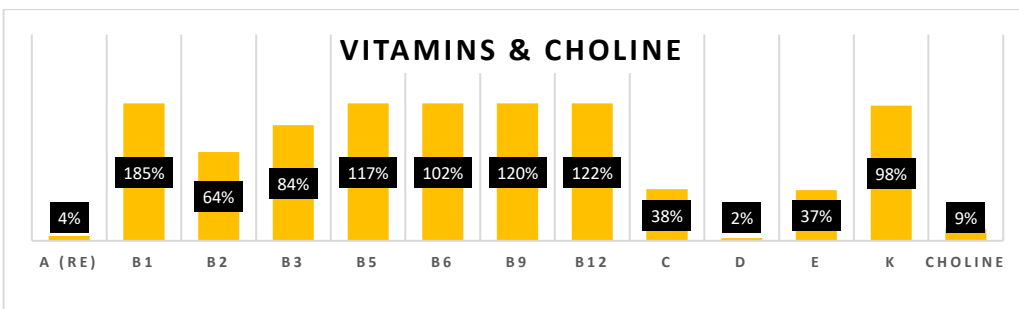
PESTO FOR PASTA (NO NUTS) AS IT IS

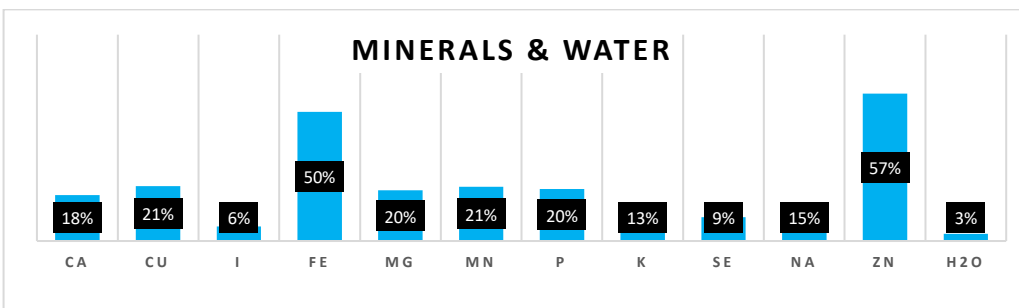
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



128kcal	12g	7g	6g	8g	1.11g	4.66g	1.33g	1.03g	0.38g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



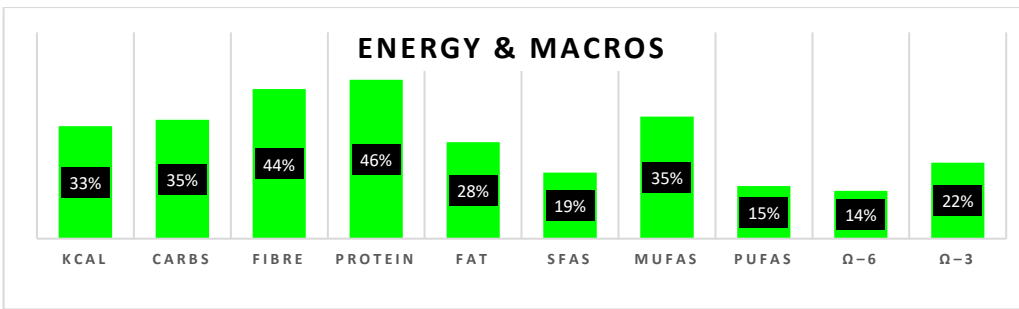


MEAL SUGGESTION

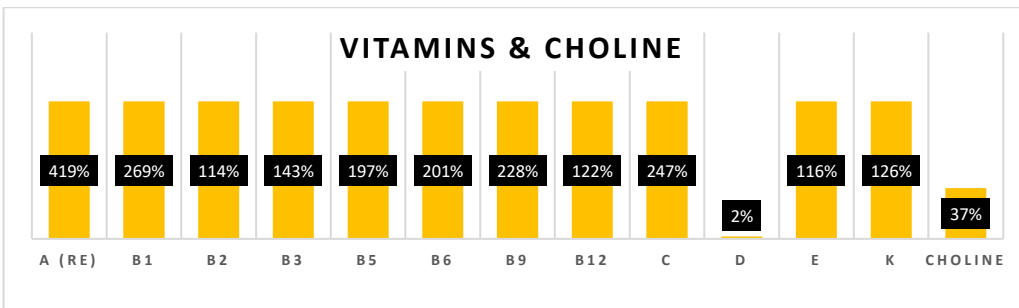
Fresh Fruit Salad
Pesto for Pasta (No Nuts), mixed with Wholegrain or Lentil/Edamame pasta
Boiled, Steamed or Roast Sweet Potato, Glass of Water

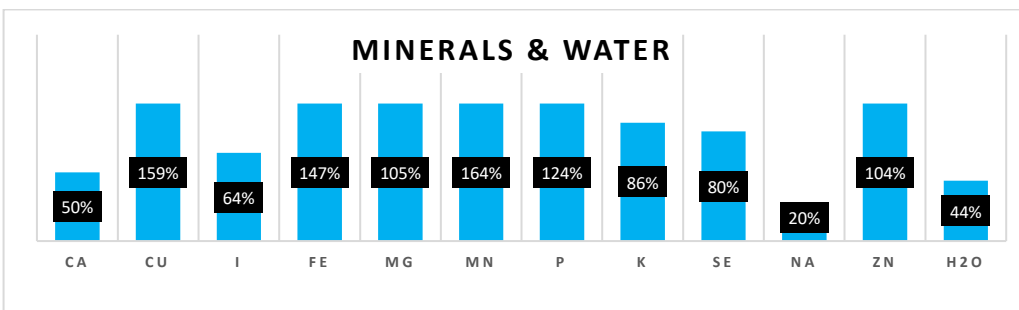
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



817kcal	156g	33g	36g	12.1g	1.82g	5.2g	2.9g	2.11g	0.84g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



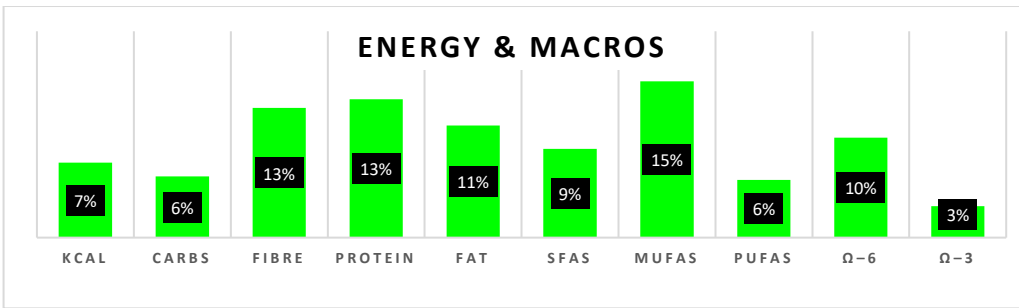


PESTOLI DIP

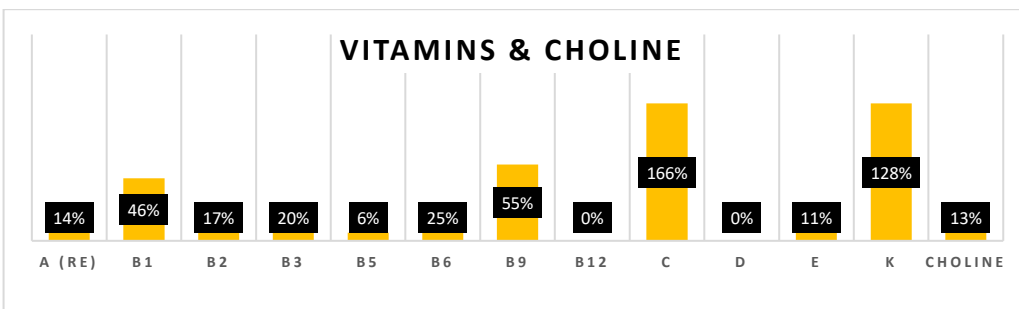
AS IT IS

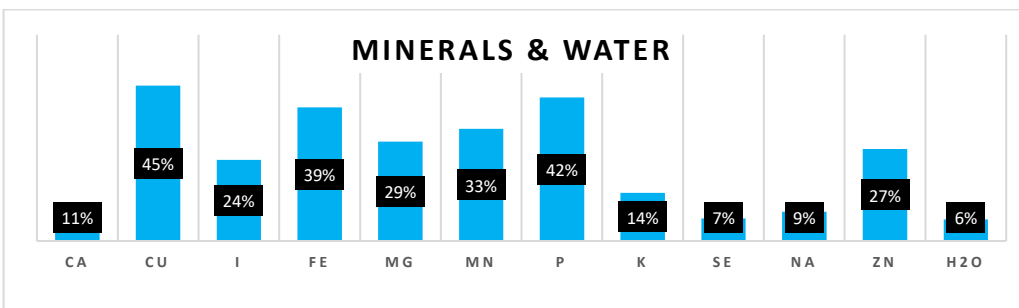
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 12:1



181kcal	27g	9g	10g	4.7g	0.82g	2.22g	1.06g	1.47g	0.12g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



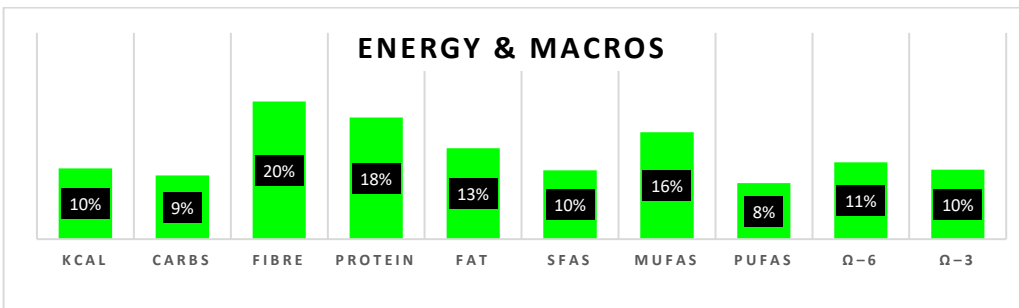


SNACK SUGGESTION

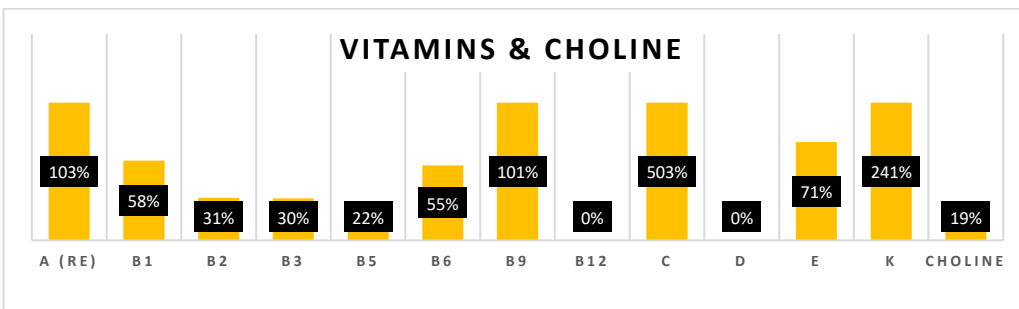
Pestoli Dip, Sprinkle of Ground Linseed
Sliced Raw Carrot, Bell Pepper, Celery, Broccoli
Glass of water

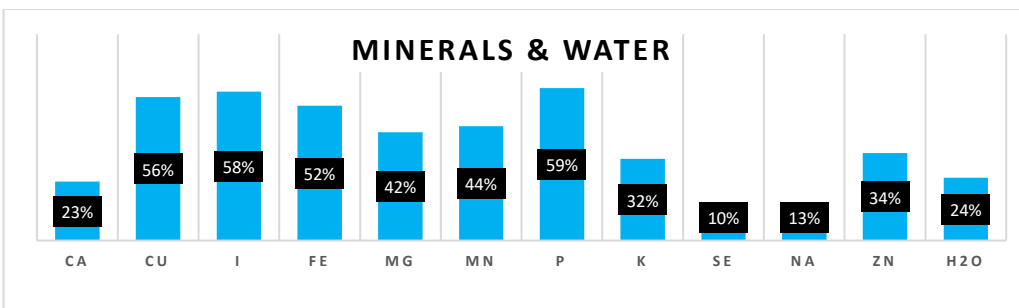
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



258kcal	42g	15g	14g	5.7g	0.95g	2.28g	1.54g	1.69g	0.38g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

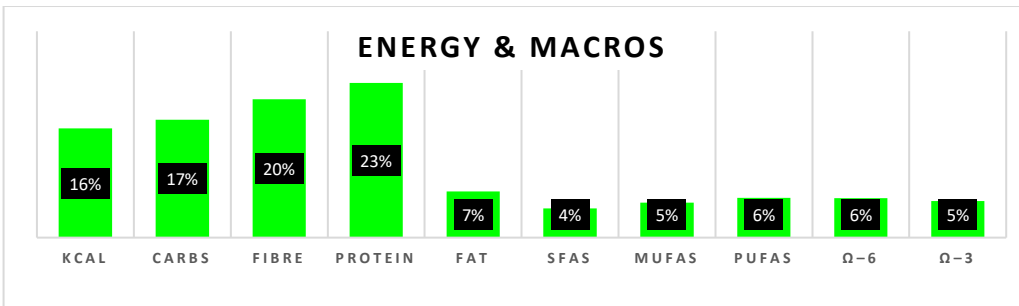




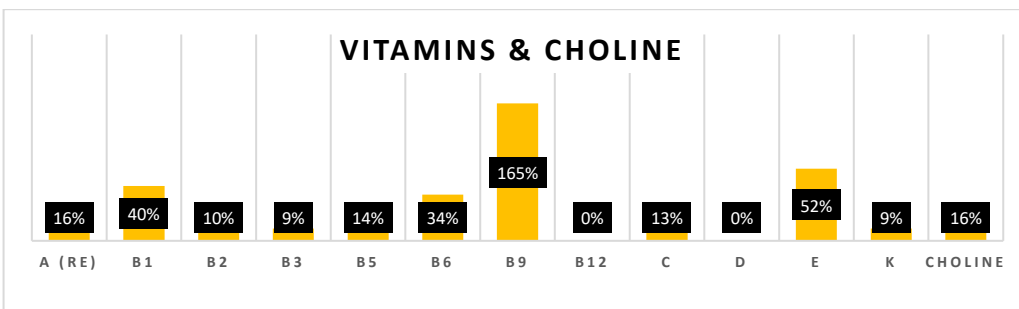
PINTO FALAFEL BAKES AS IT IS

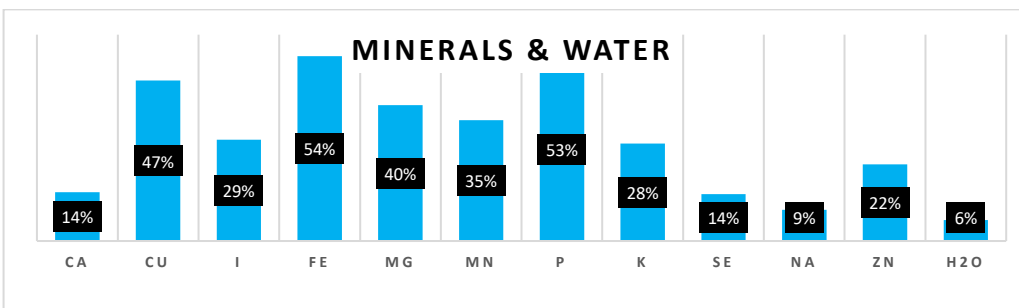
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



397kcal	77g	15g	18g	2.9g	0.4g	0.74g	1.1g	0.87g	0.2g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



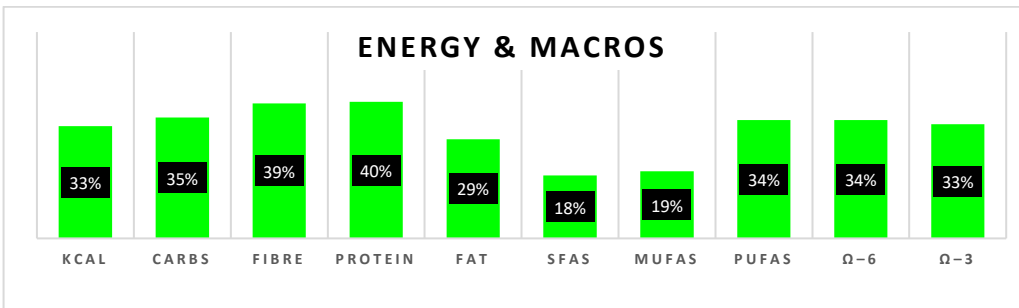


MEAL SUGGESTION

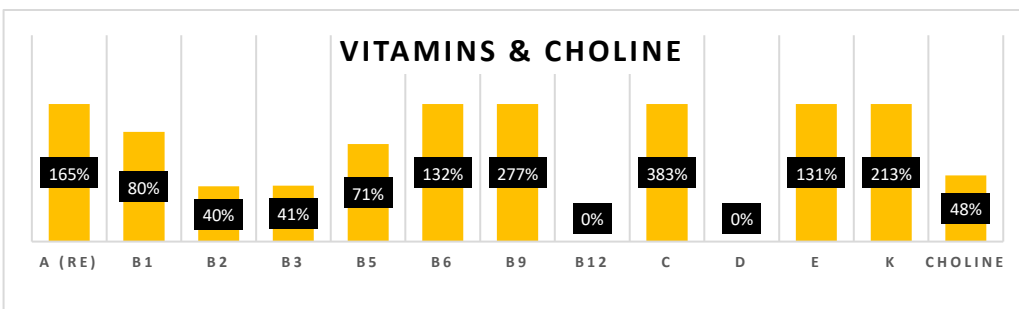
Pinto Falafel Bakes, Roast Potato, Roast Sweet Potato
Steamed Broccoli & Cauliflower, Pistachios, Walnuts, Brazil Nuts
Glass of water

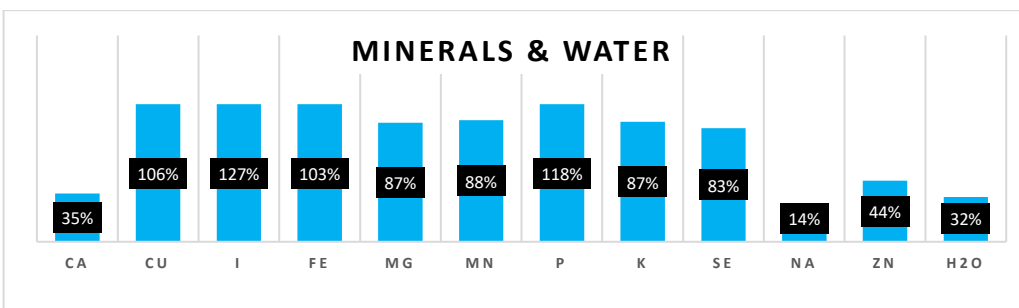
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



817kcal	159g	30g	31g	12.1g	1.51g	2.95g	6.33g	5.03g	1.27g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

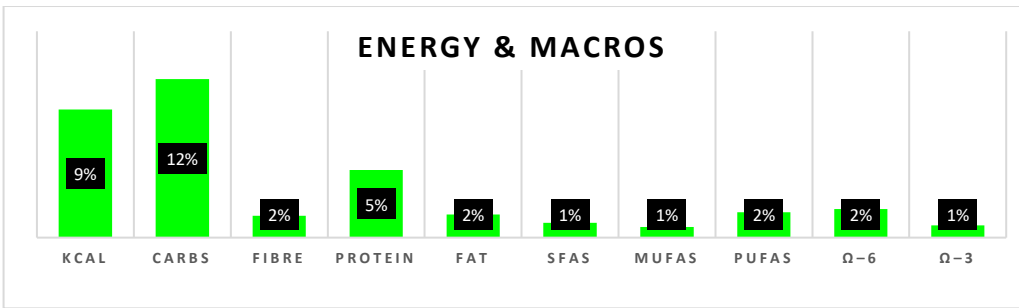




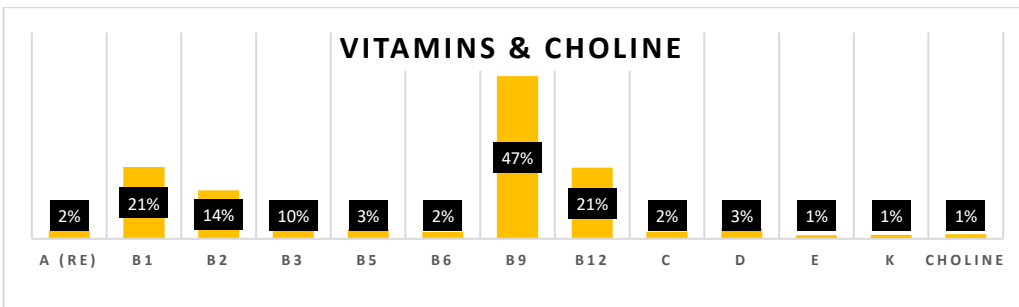
PLAIN SPONGE
AS IT IS

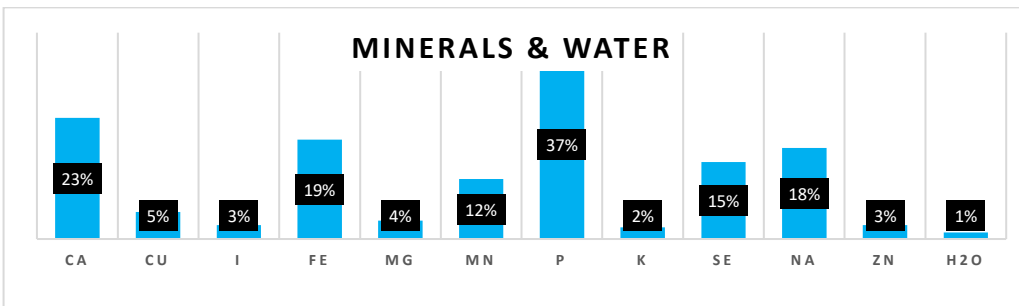
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 10:1



233kcal	52g	1g	4g	0.7g	0.1g	0.11g	0.35g	0.31g	0.03g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

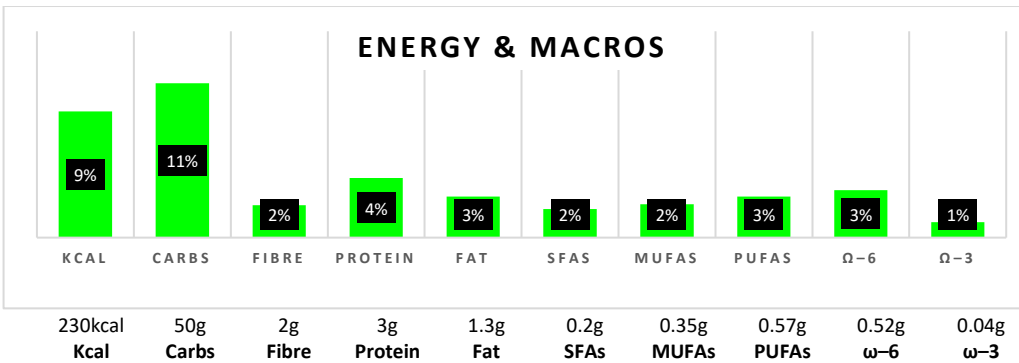




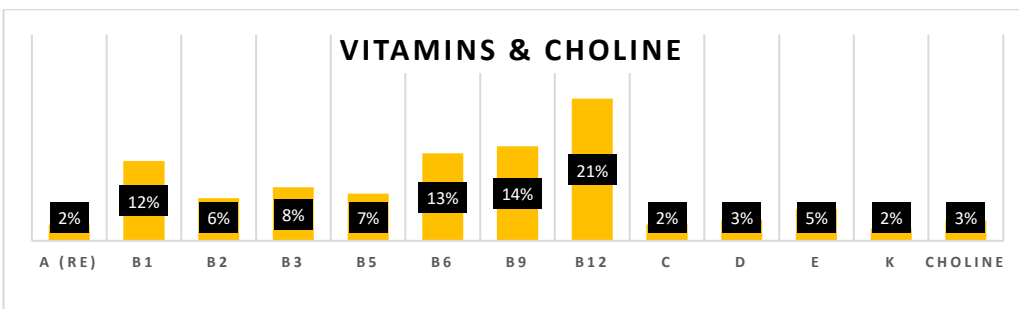
PLAIN SPONGE - GLUTEN FREE AS IT IS

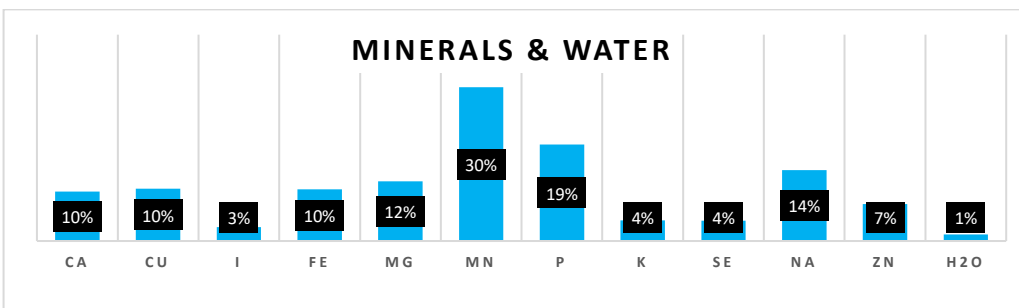
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 13:1



230kcal	50g	2g	3g	1.3g	0.2g	0.35g	0.57g	0.52g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

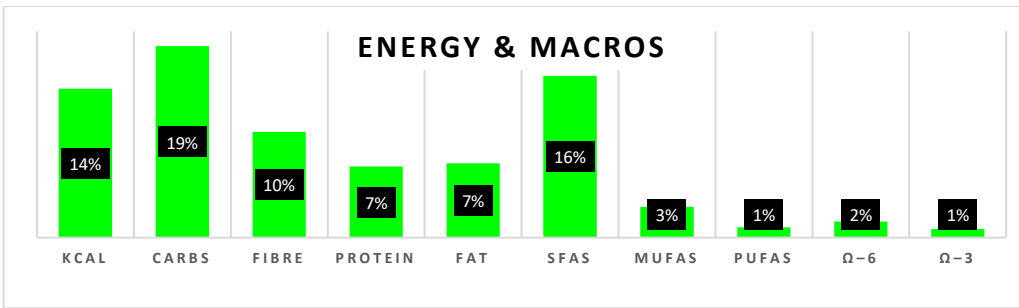




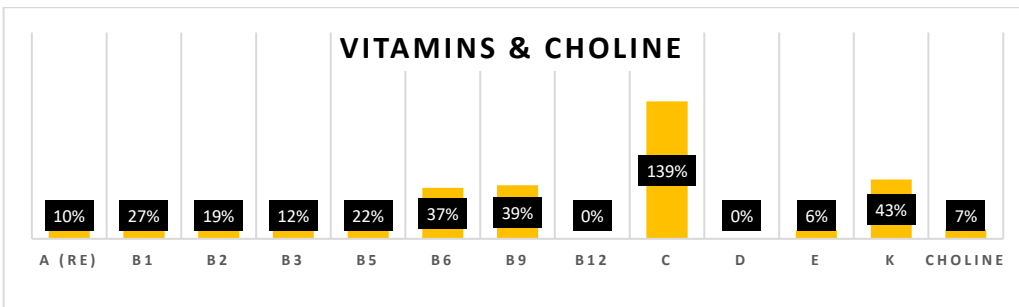
PLANTAIN CURRY AS IT IS

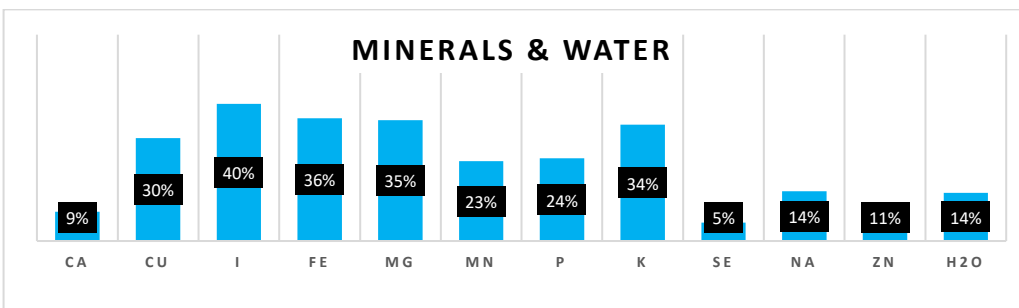
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 8:1



361kcal	84g	8g	5g	3.1g	1.49g	0.44g	0.19g	0.24g	0.03g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



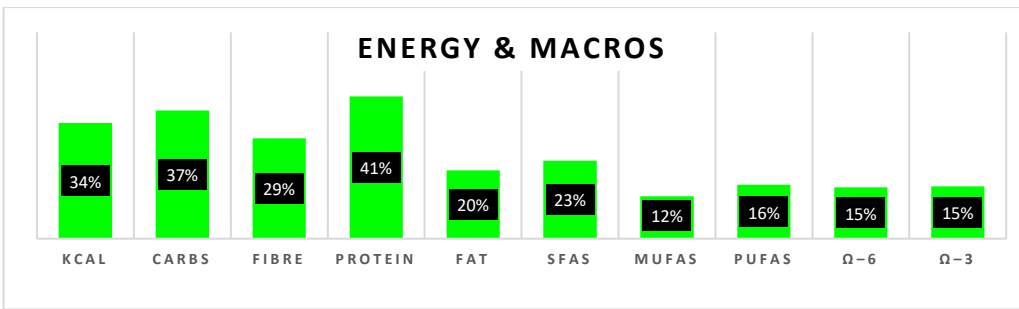


MEAL SUGGESTION

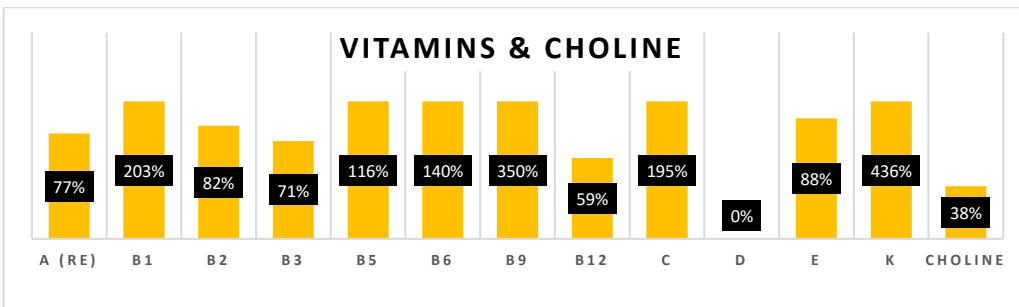
Plantain Curry, Quinoa
Boiled Red Lentils, Carrot, Spinach, DIY Curry Spice Mix
Ground Linseeds, Glass of water

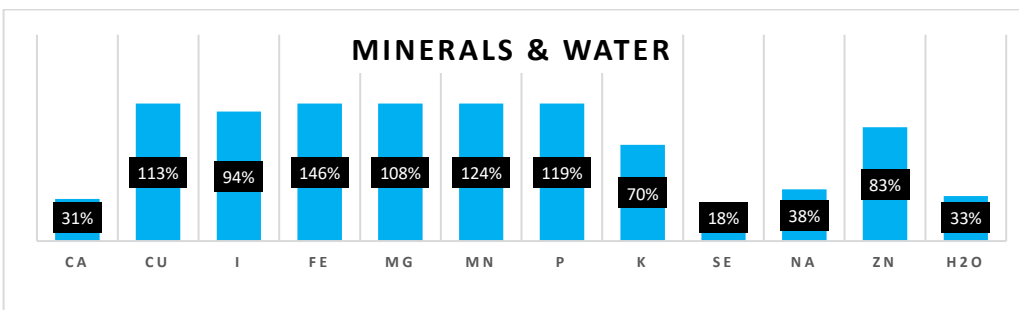
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



840kcal	168g	22g	32g	8.6g	2.14g	1.81g	2.96g	2.26g	0.58g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

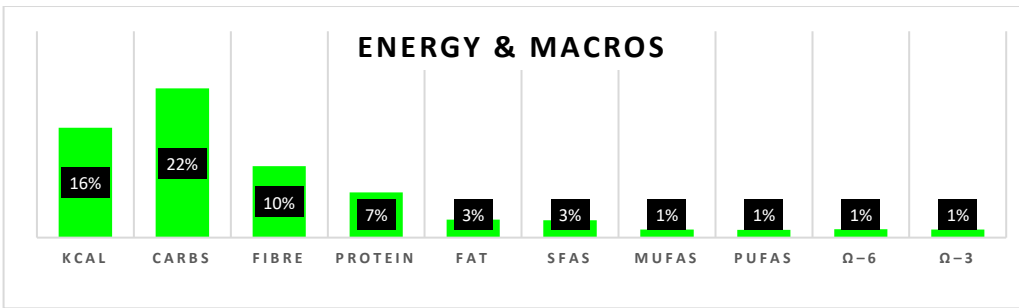




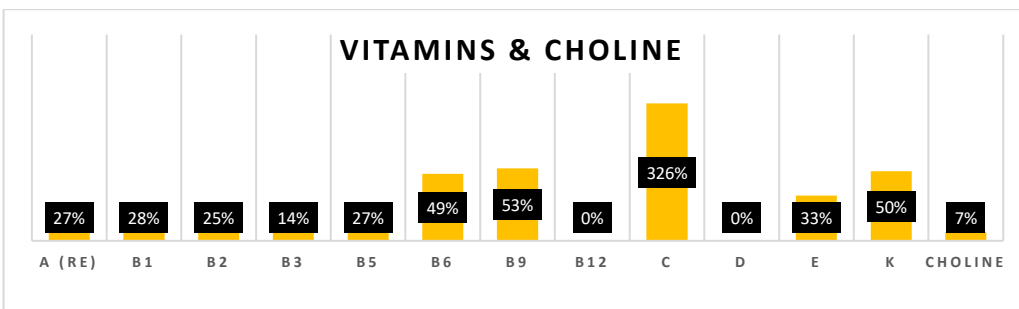
PLANTAIN FUSION
AS IT IS

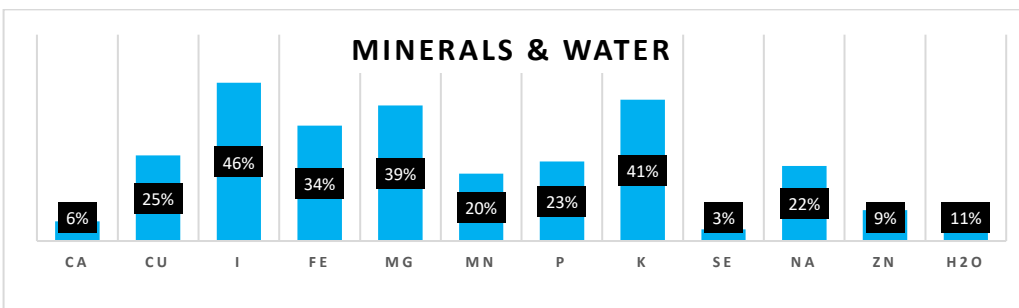
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



399kcal	98g	8g	5g	1.1g	0.24g	0.17g	0.21g	0.19g	0.05g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



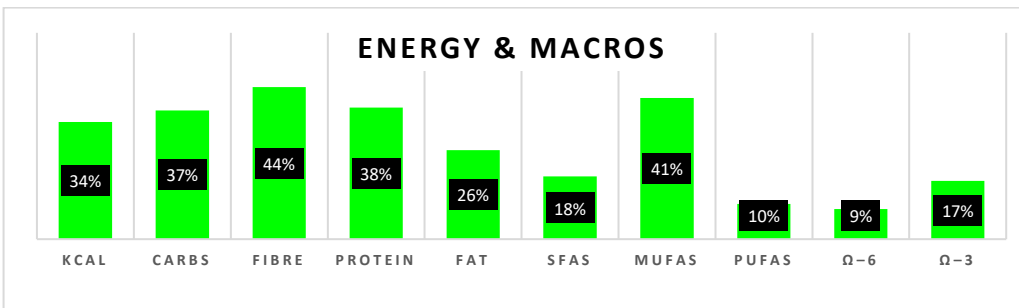


MEAL SUGGESTION

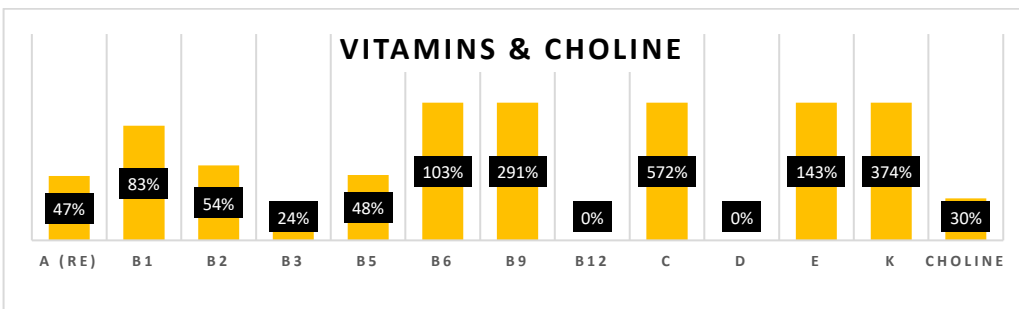
Plantain Fusion
Broccoli, Kale, Pinto Beans, Lemon & Garlic Salad
Glass of Water

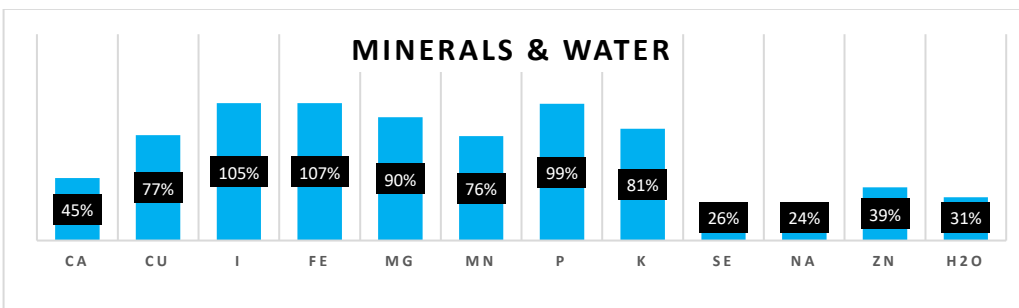
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 2:1



852kcal	168g	33g	30g	11.2g	1.73g	6.02g	1.95g	1.33g	0.64g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



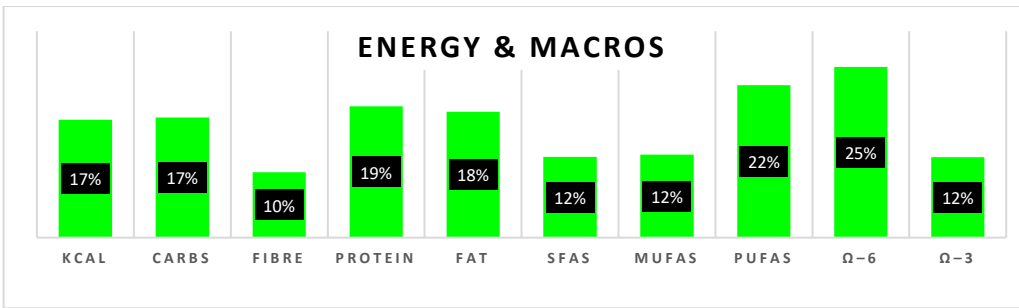


POWER PANCAKES

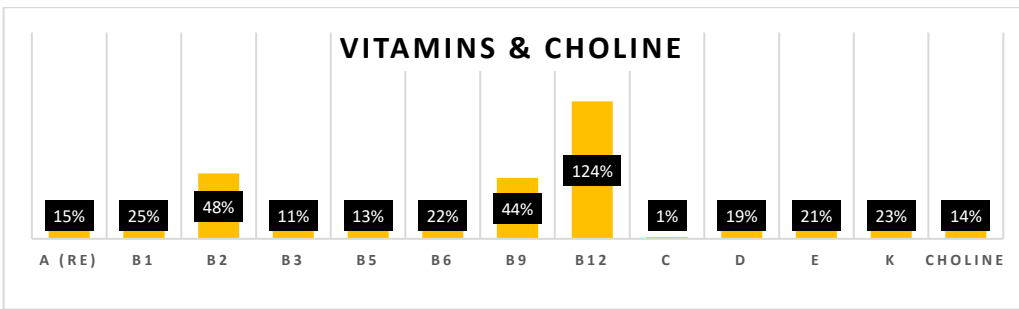
AS THEY ARE

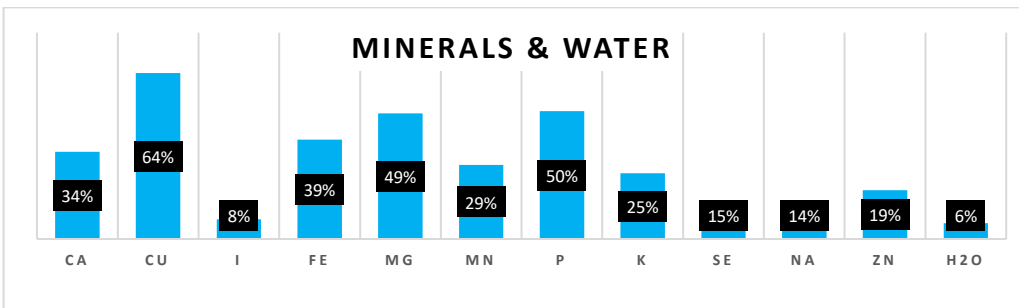
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 8:1



429kcal	79g	7g	15g	7.9g	1.11g	1.77g	4.2g	3.76g	0.44g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



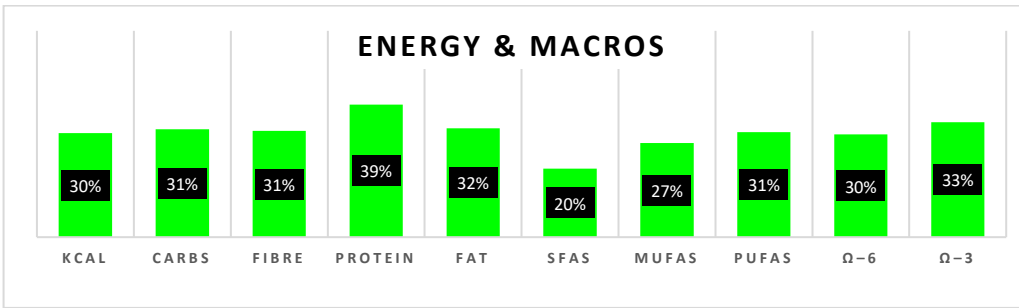


MEAL SUGGESTION

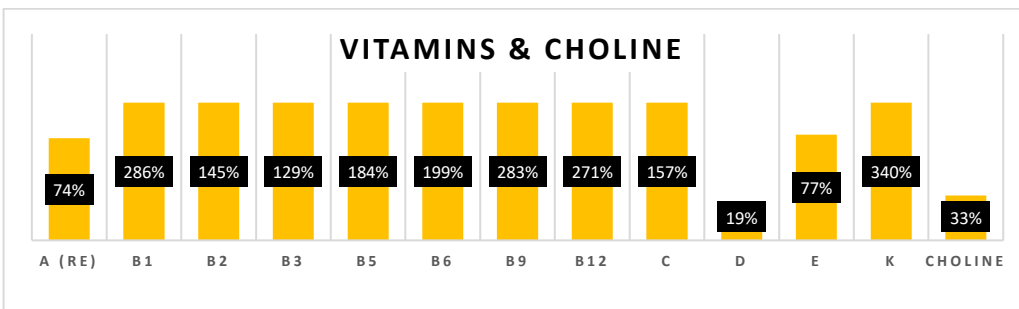
Power Pancakes, Mashed Avocado, Lime, Nutritional Yeast Flakes
Leafy Green Salad, Tomato, Mung Beans, Ground Linseed
Banana, Blueberries, Ceylon Cinnamon, Glass of Water

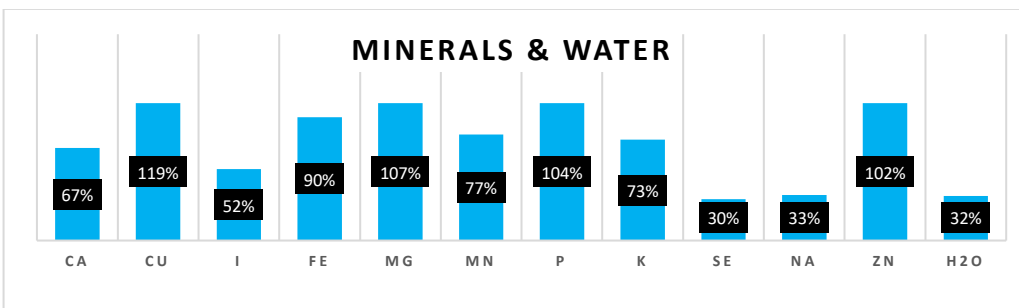
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



756kcal	141g	23g	30g	13.6g	1.89g	4g	5.78g	4.53g	1.27g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

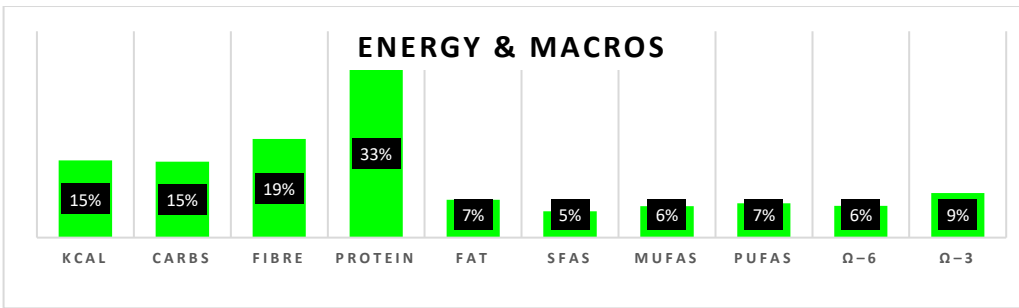




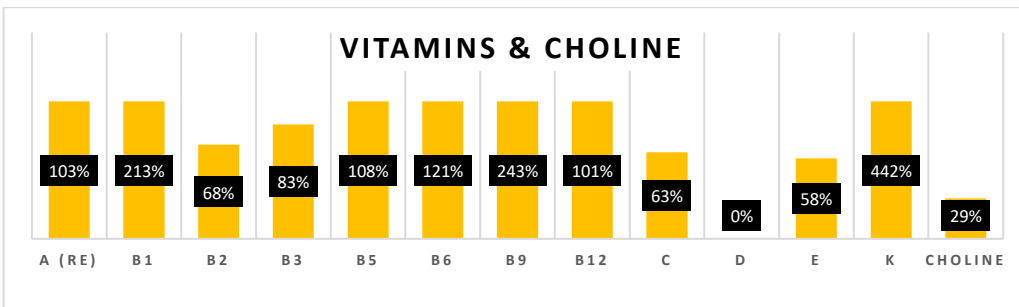
QUICK DAL AS IT IS

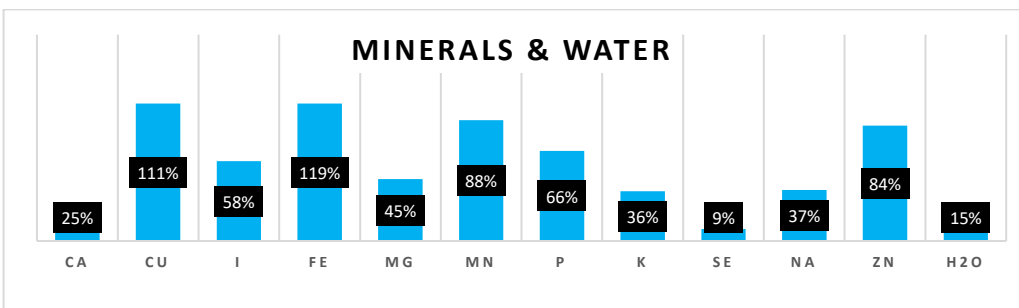
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



375kcal	66g	14g	26g	3.2g	0.48g	0.89g	1.26g	0.94g	0.33g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



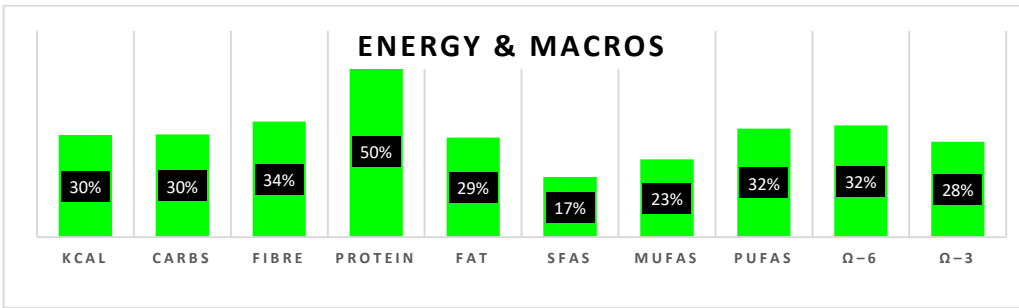


MEAL SUGGESTION

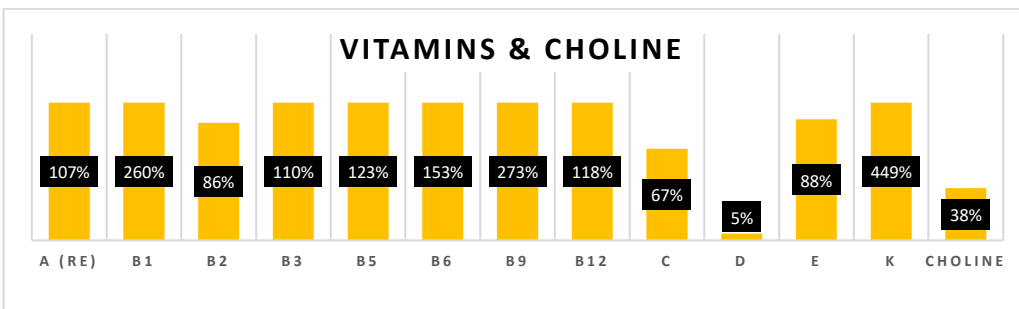
Quick Dal
Ava Chapati *(see recipe)*
Walnuts, Glass of Water

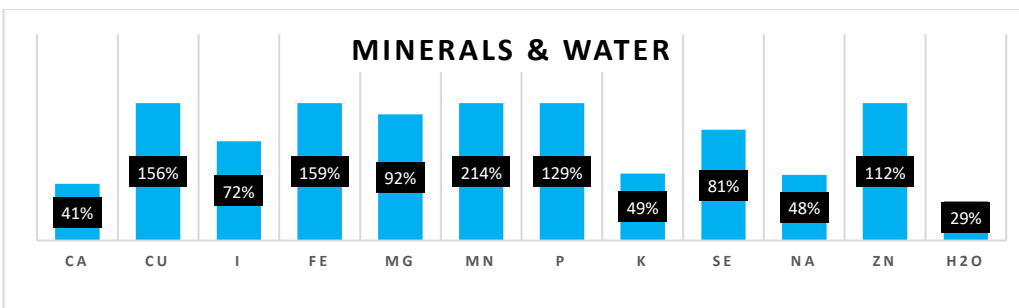
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



744kcal	134g	25g	39g	12.5g	1.66g	3.32g	5.98g	4.92g	1.05g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

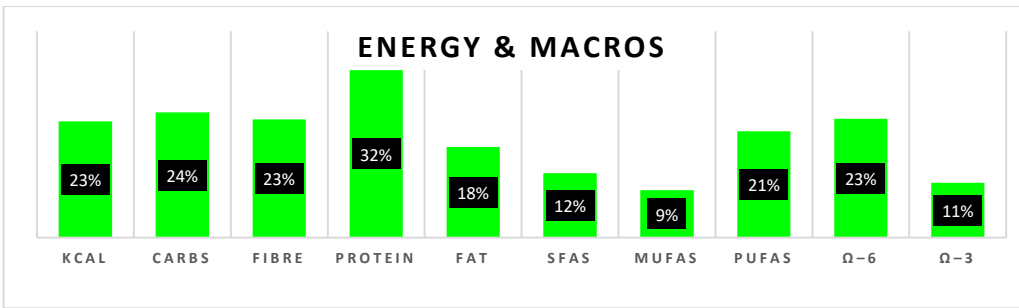




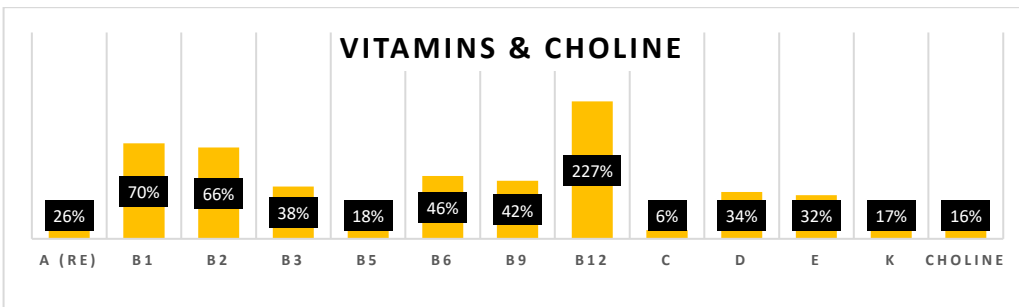
QUICK & THICK PANCAKES AS IT IS

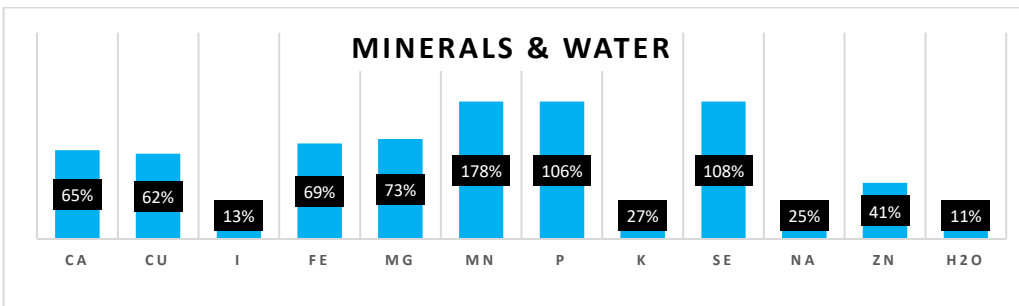
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 9:1



564kcal	109g	17g	25g	7.6g	1.18g	1.35g	3.91g	3.49g	0.4g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



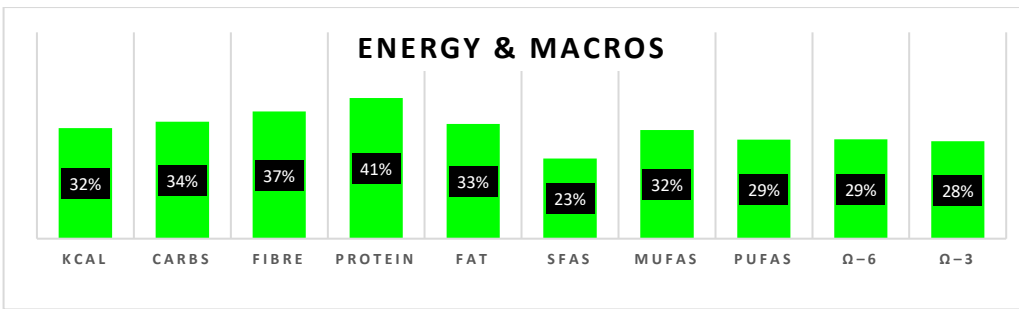


MEAL SUGGESTION

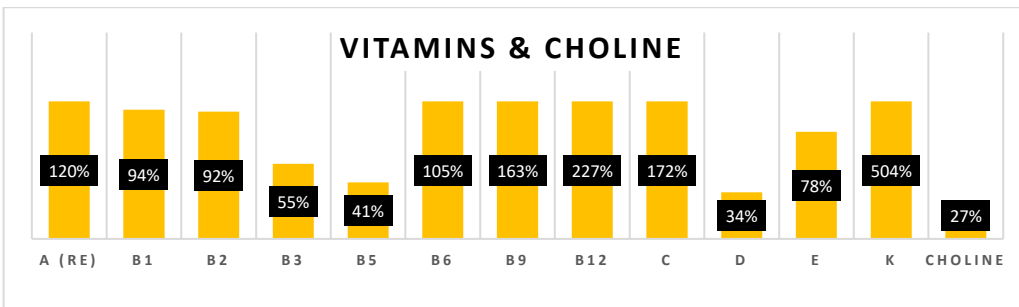
Quick & Thick Pancakes
Mashed Avocado, Romaine Lettuce, Garden Cress, Tomato
Banana, Strawberries, Ground Flaxseed, Glass of Water

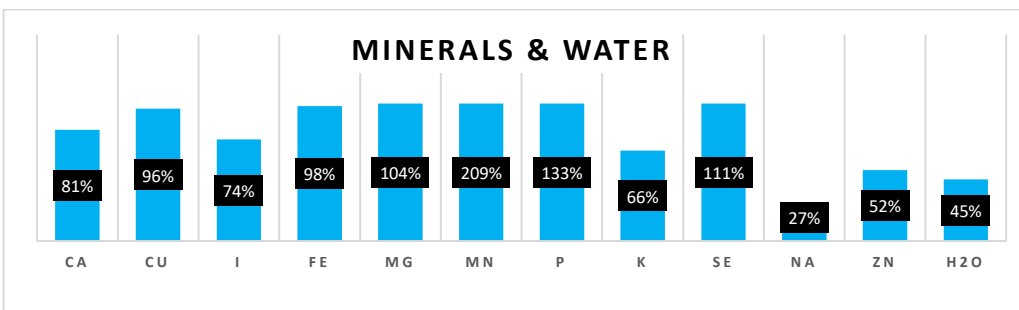
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



805kcal	153g	28g	32g	14.4g	2.21g	4.63g	5.45g	4.38g	1.07g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

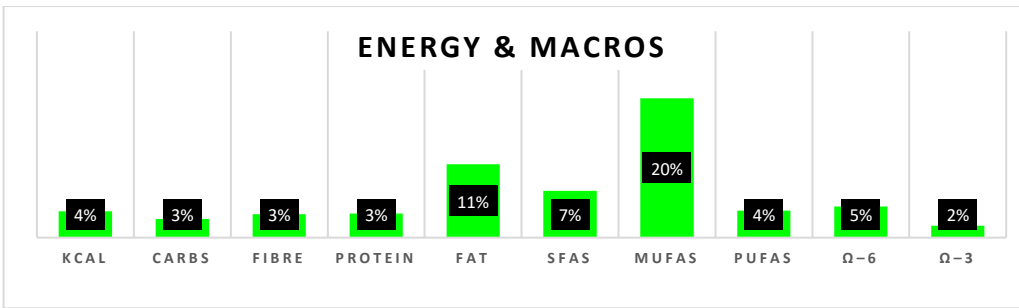




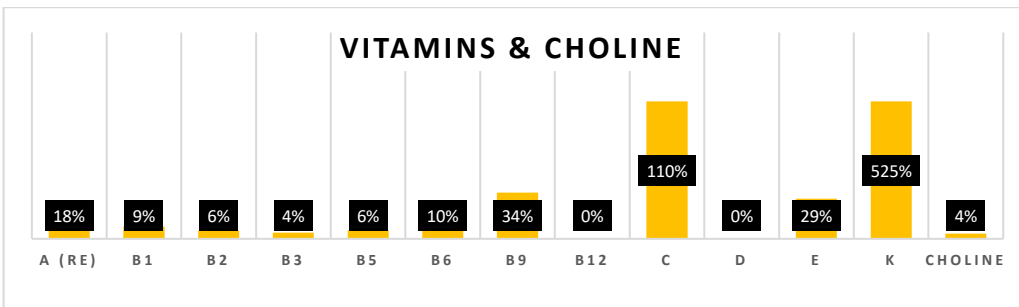
QUINOA TABBOULEH SALAD AS IT IS

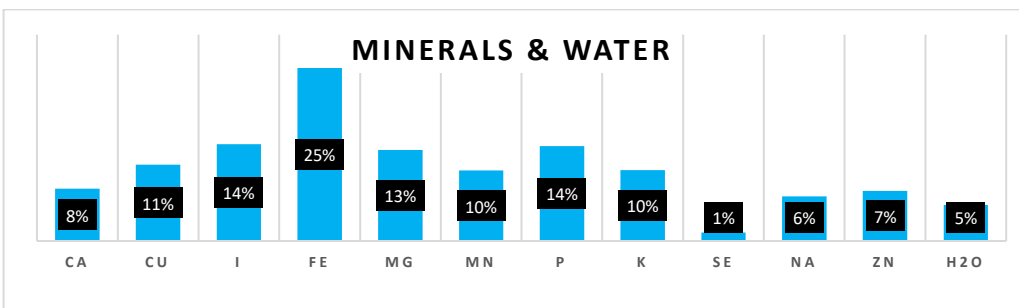
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 10:1



95kcal	12g	3g	3g	4.6g	0.64g	2.96g	0.74g	0.69g	0.07g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

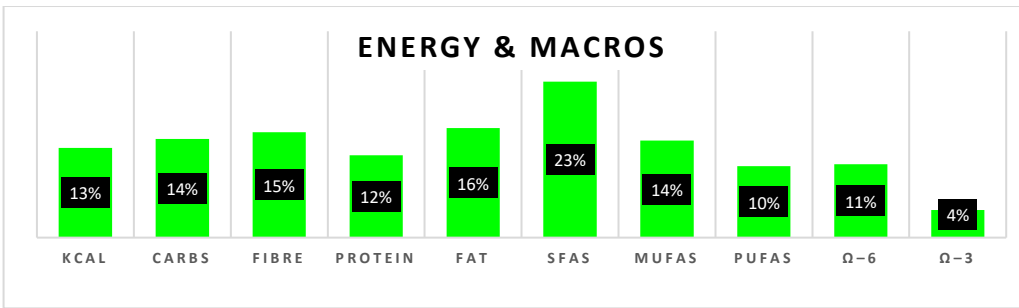




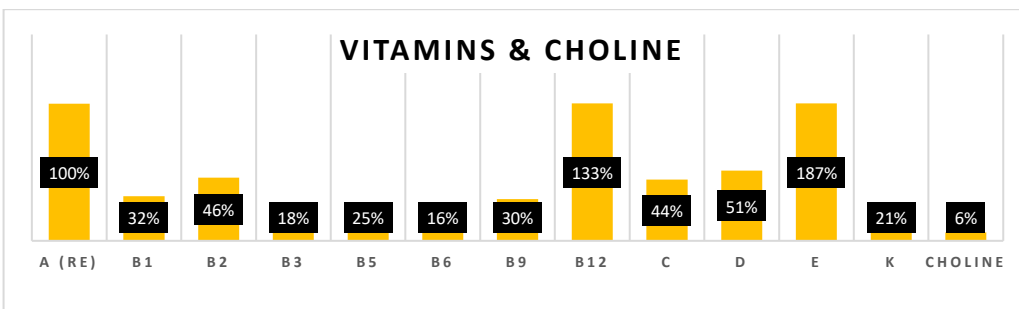
RAW SQUASH SOUP AS IT IS

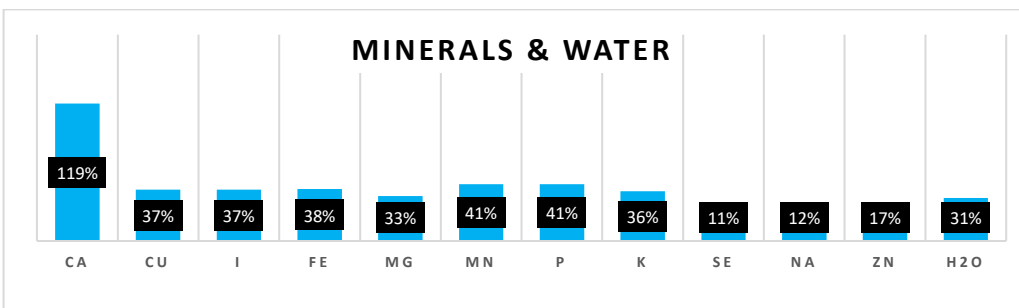
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 11:1



326kcal	65g	12g	9g	6.9g	2.15g	2.07g	1.97g	1.62g	0.15g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



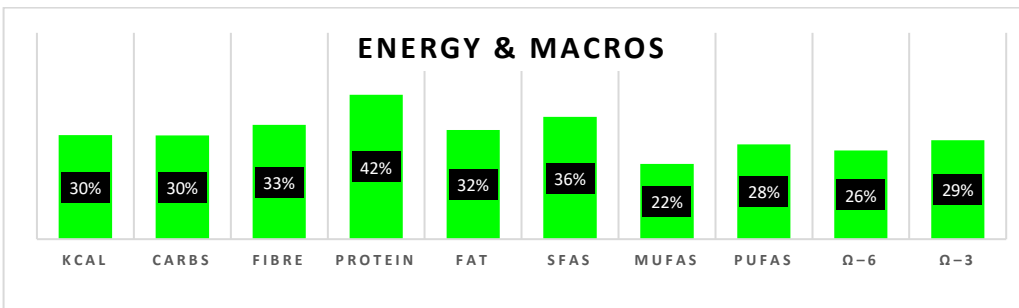


MEAL SUGGESTION

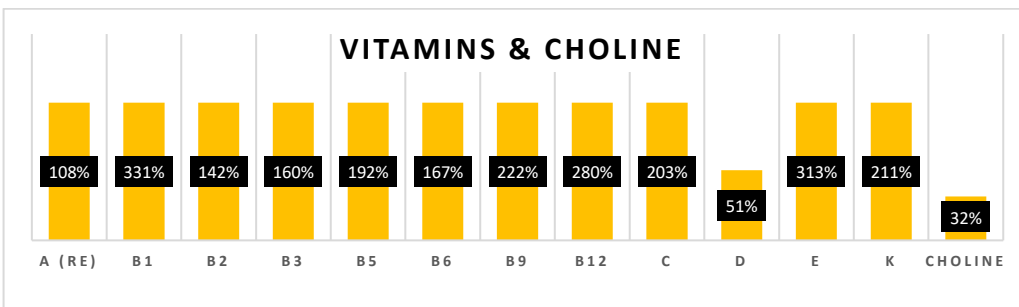
Raw Squash Soup, Wholemeal bread
Steamed Broccoli or Brussel Sprouts
Sprinkle of Nutritional Yeast and Ground Flaxseed

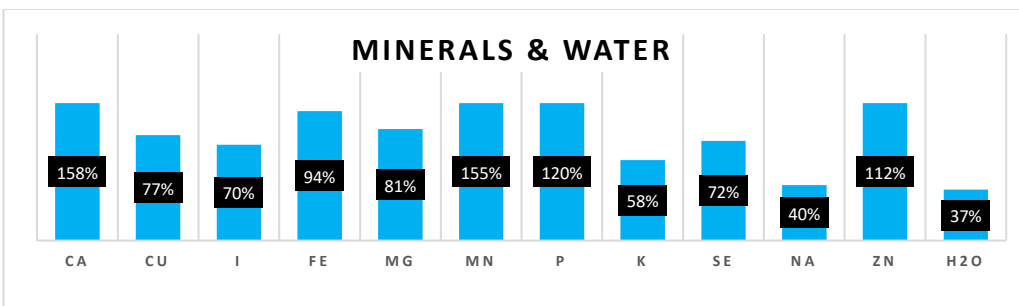
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



756kcal	136g	25g	33g	13.7g	3.37g	3.2g	5.22g	3.91g	1.09g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

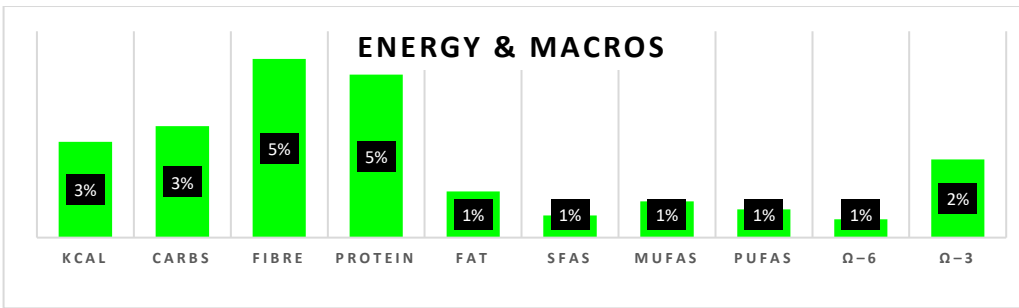




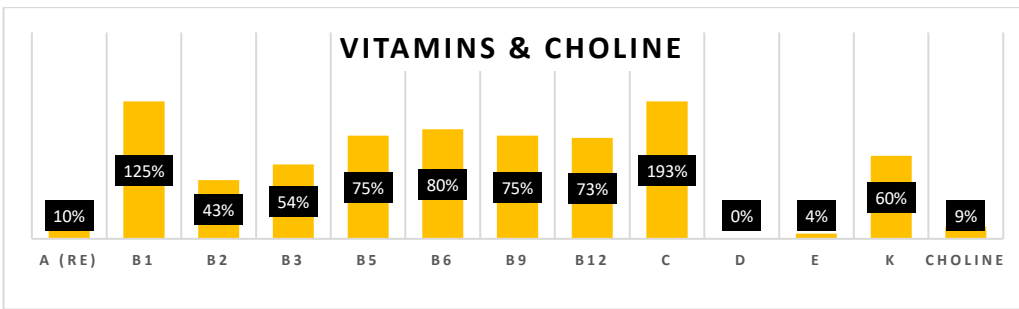
RED CABBAGE SLAW
AS IT IS

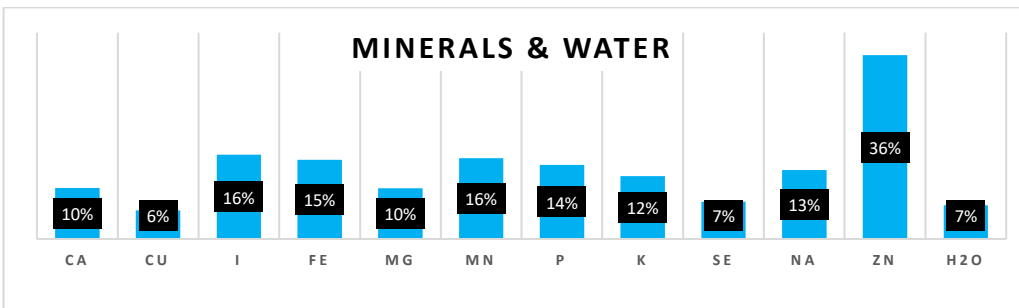
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:1



70kcal	15g	4g	4g	0.6g	0.06g	0.15g	0.16g	0.08g	0.09g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

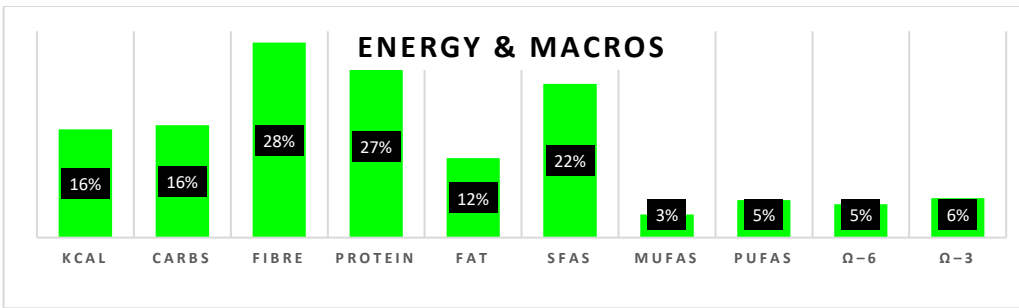




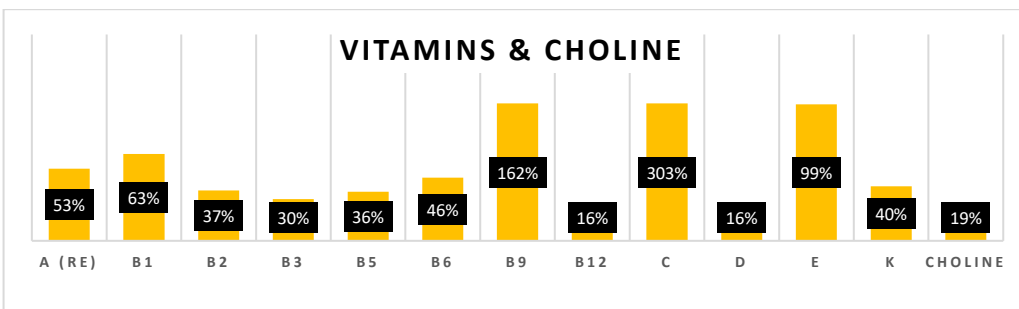
RED THAI CURRY AS IT IS

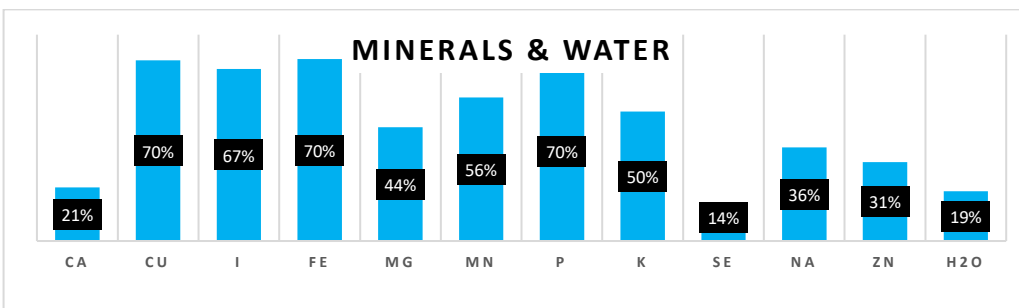
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



393kcal	74g	21g	21g	5g	2.12g	0.5g	1.04g	0.74g	0.22g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



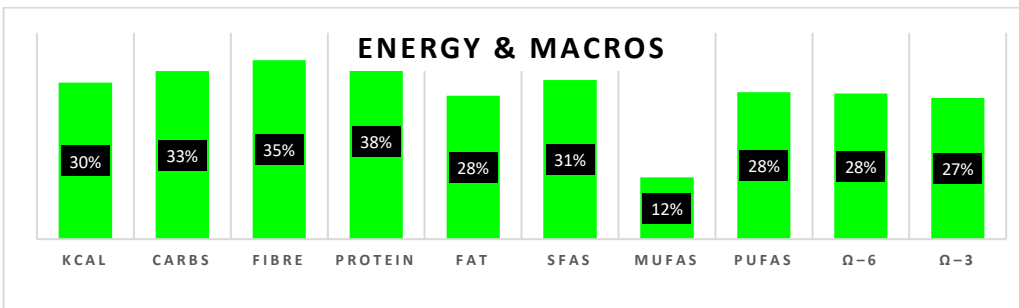


MEAL SUGGESTION

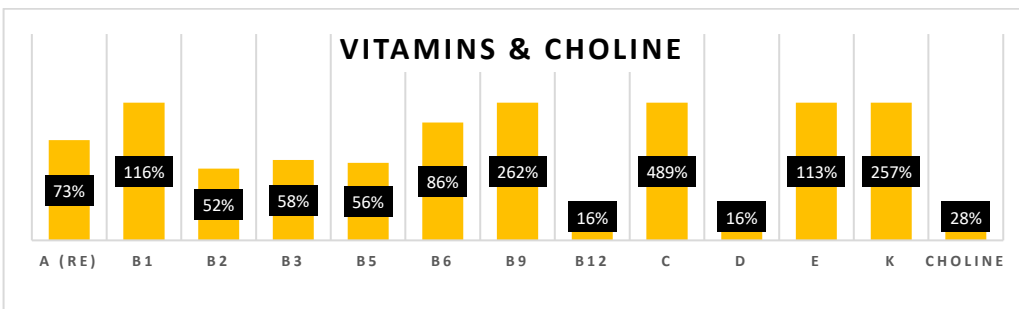
Red Thai Curry, Brown, or White Rice
Red Cabbage, Garden Cress and Walnut Salad
Glass of Water

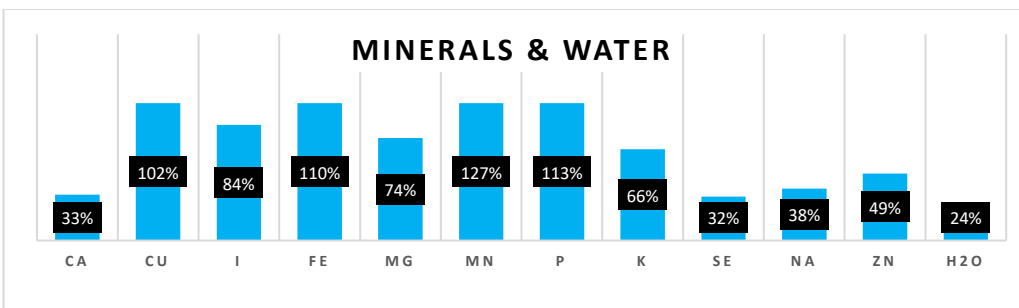
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



759kcal	147g	26g	30g	12g	2.92g	1.75g	5.39g	4.28g	1.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

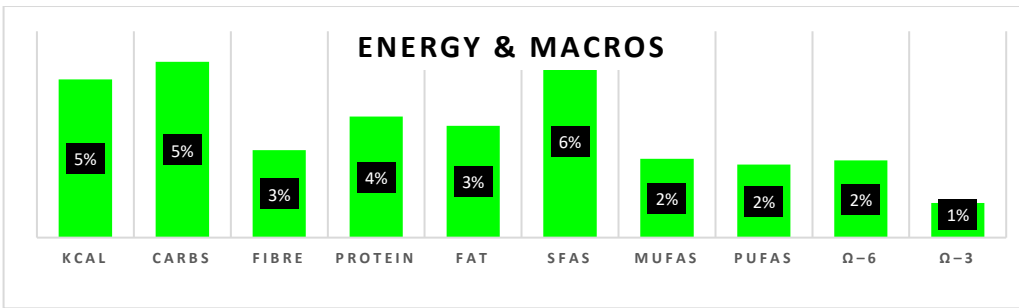




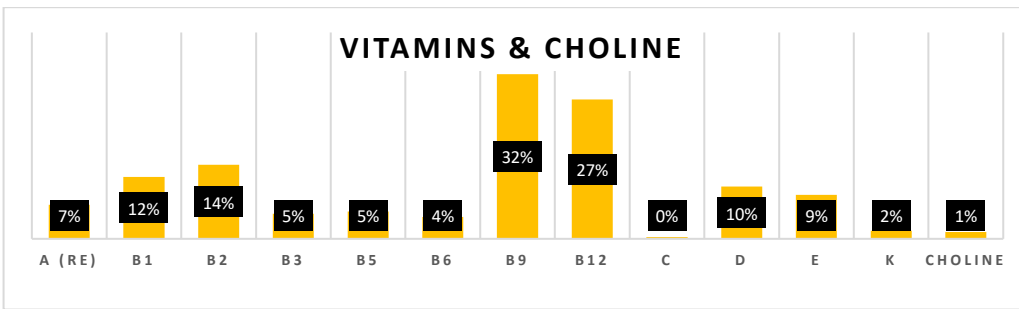
RICE PUDDING AS IT IS

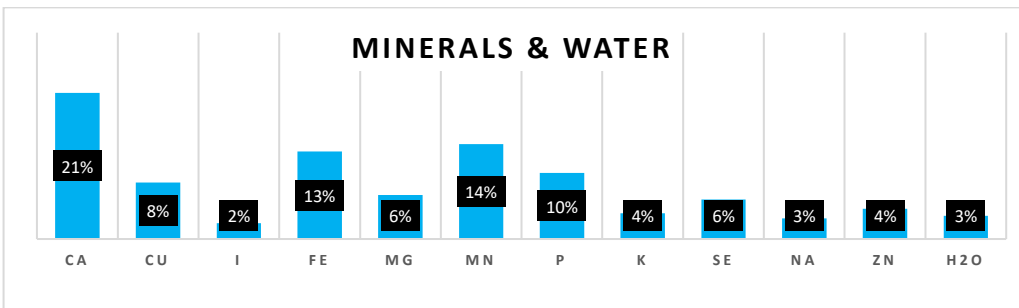
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 8:1



115kcal	23g	2g	3g	1.4g	0.53g	0.34g	0.4g	0.34g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

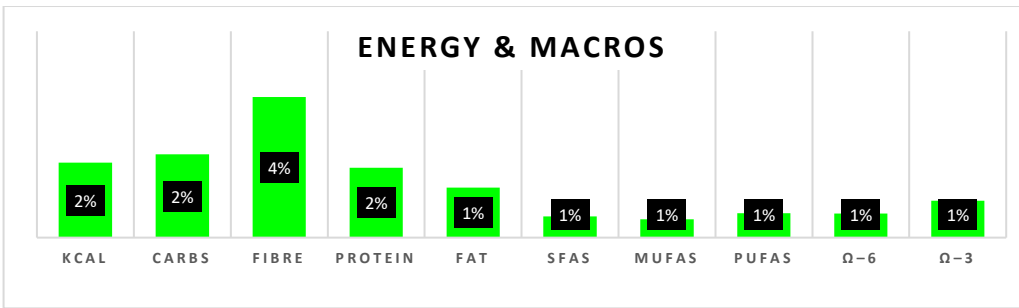




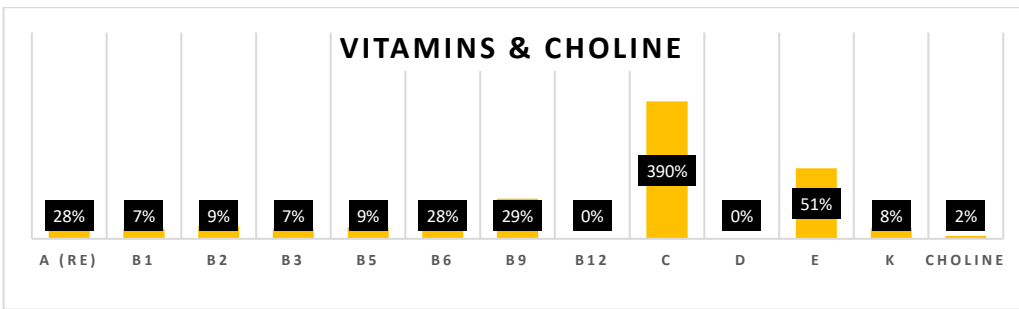
ROASTED RED PEPPER DIP
AS IT IS

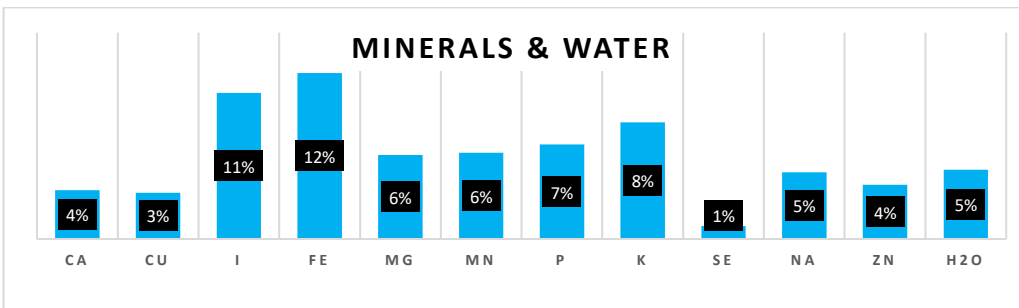
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



54kcal	11g	3g	2g	0.6g	0.06g	0.08g	0.13g	0.11g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



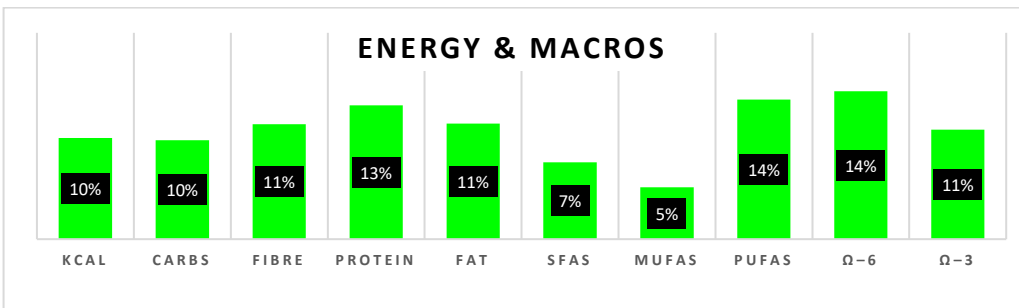


SNACK SUGGESTION

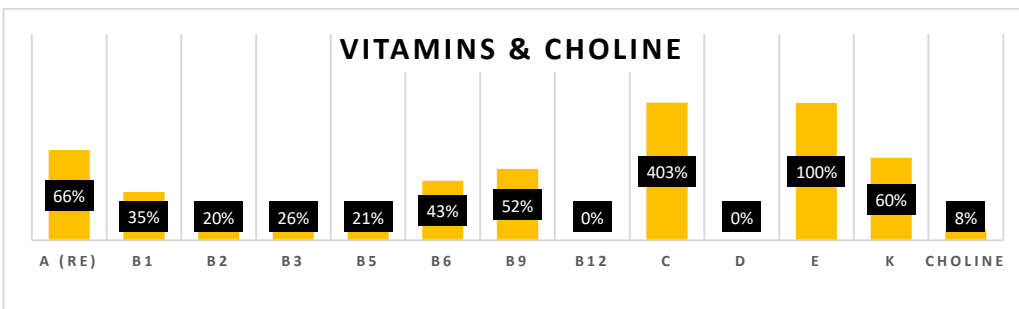
Roasted Red Pepper Dip, Walnuts, Parsley
Carrot, Celery, Cucumber, Wholegrain Bread Sticks
Glass of Water

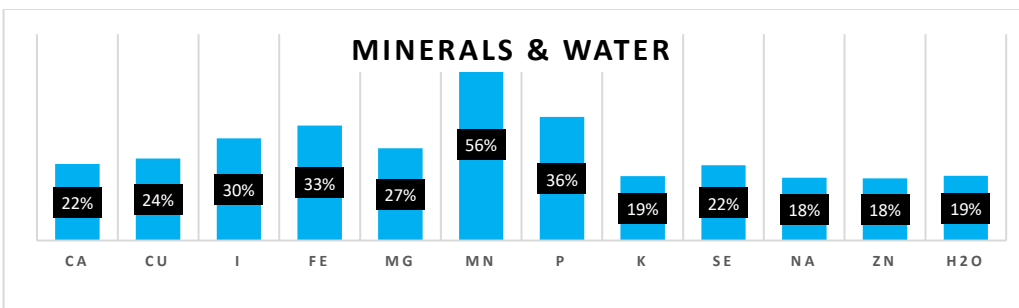
The percentages indicate how much this snack may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



245kcal	43g	8g	10g	4.8g	0.71g	0.73g	2.56g	2.17g	0.4g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

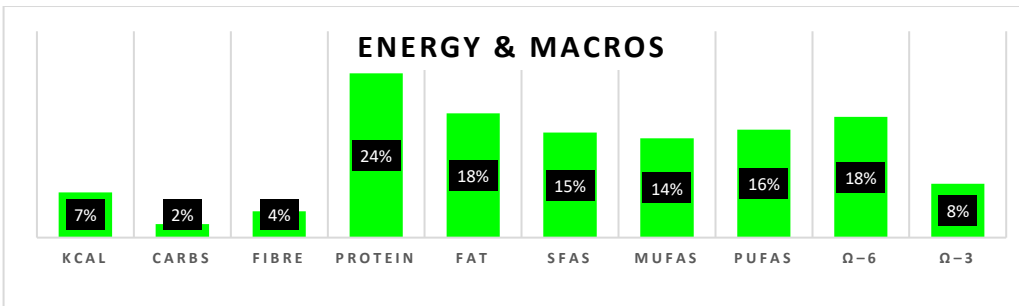




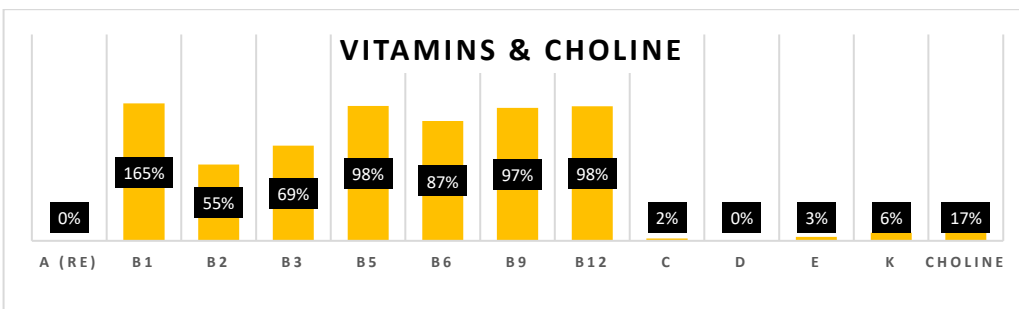
SCRAMBLED TOFU AS IT IS

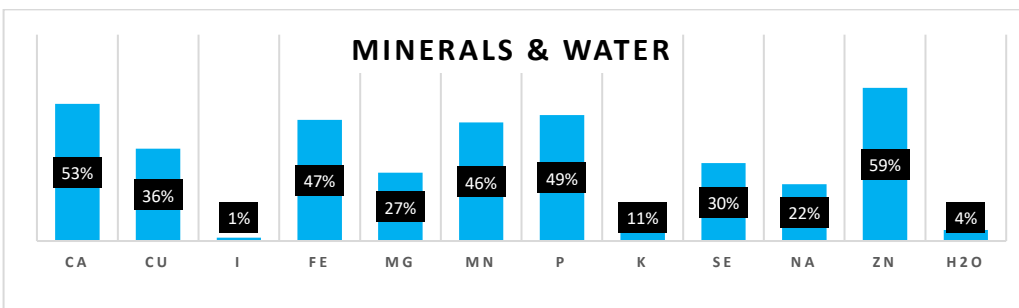
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 9:1



164kcal	9g	3g	19g	7.8g	1.45g	2.12g	2.97g	2.66g	0.3g
Kcal	Carbs	Fibre	Protein	Fat	SFAs	MUFAs	PUFAs	ω–6	ω–3



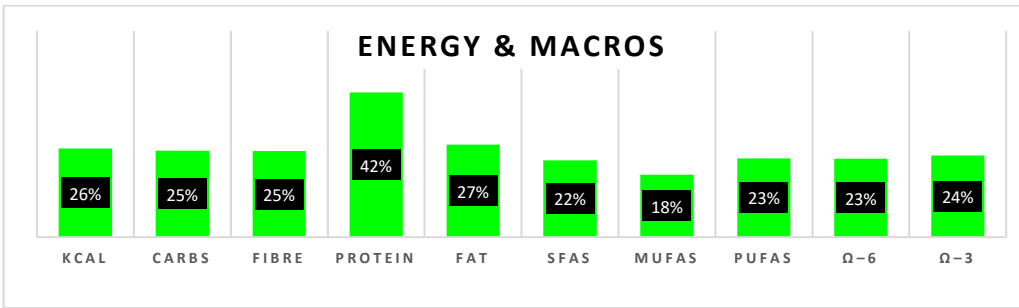


MEAL SUGGESTION

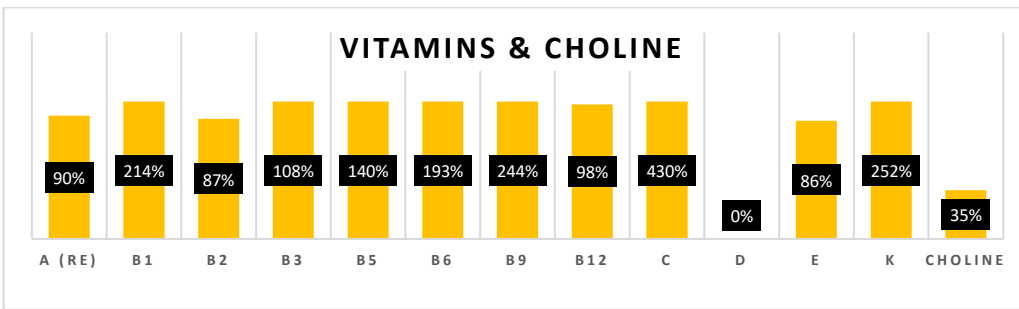
Scrambled Tofu, Wholemeal Bread or Jacket Potato or Brown Rice. Romaine Lettuce, Rocket, Cucumber, Spring Onion, Tomatoes, Sweet Bell Pepper, Ground Linseeds, Banana, Glass of Water.

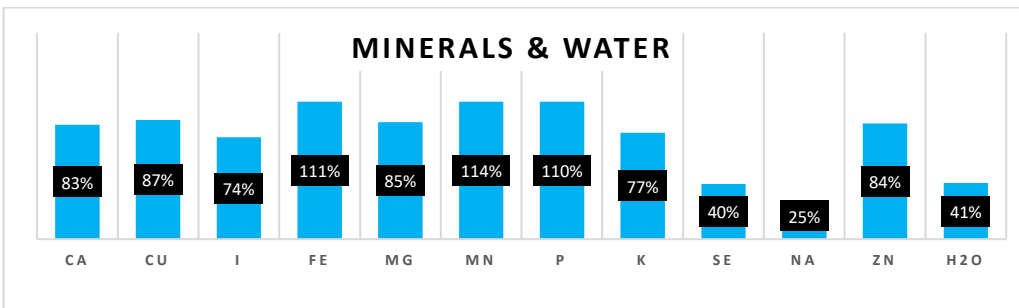
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



645kcal	113g	19g	33g	11.6g	2.12g	2.66g	4.34g	3.46g	0.9g
Kcal	Carbs	Fibre	Protein	Fat	SFAs	MUFAs	PUFAs	ω–6	ω–3

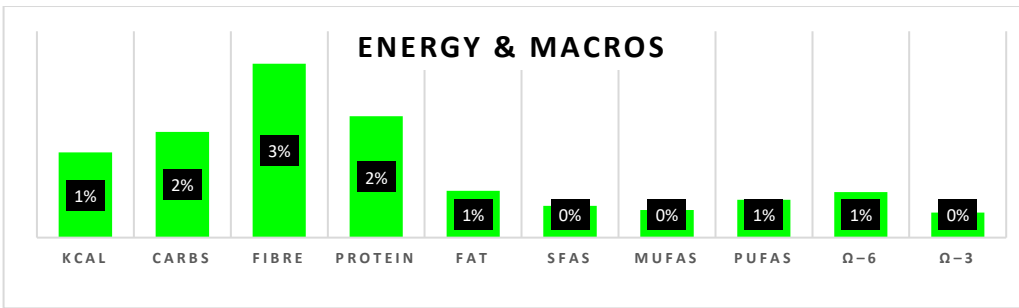




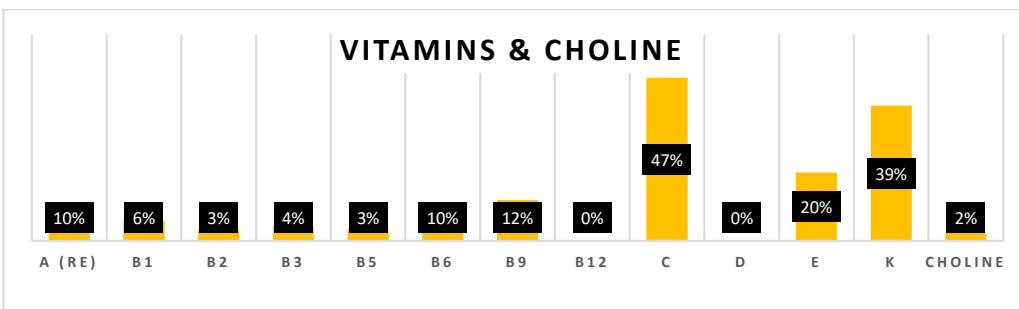
SIMPLY SALSA
AS IT IS

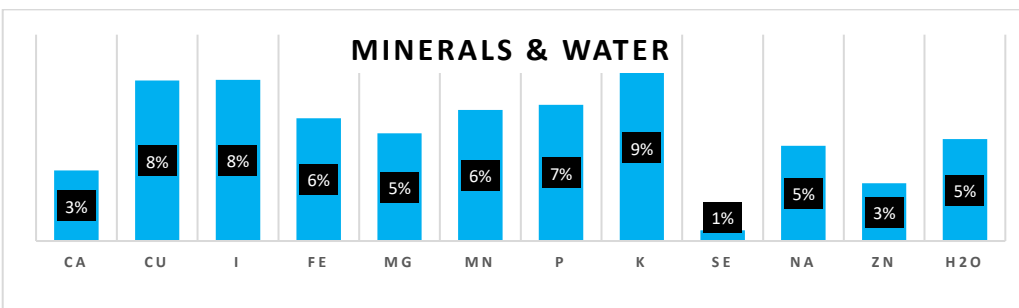
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 1:1



31kcal	7g	2g	1g	0.3g	0.04g	0.06g	0.1g	0.1g	0.01g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

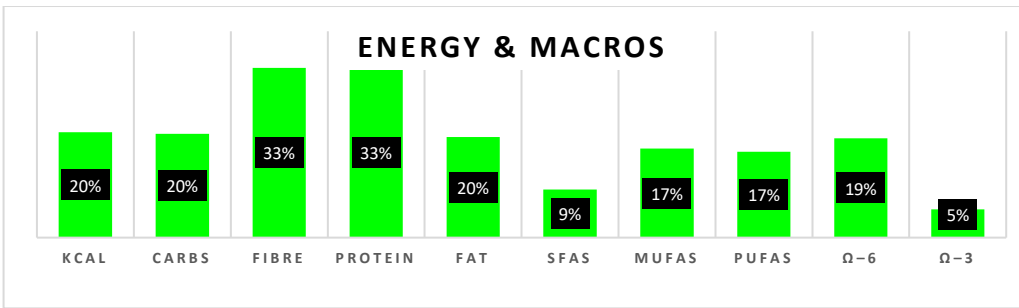




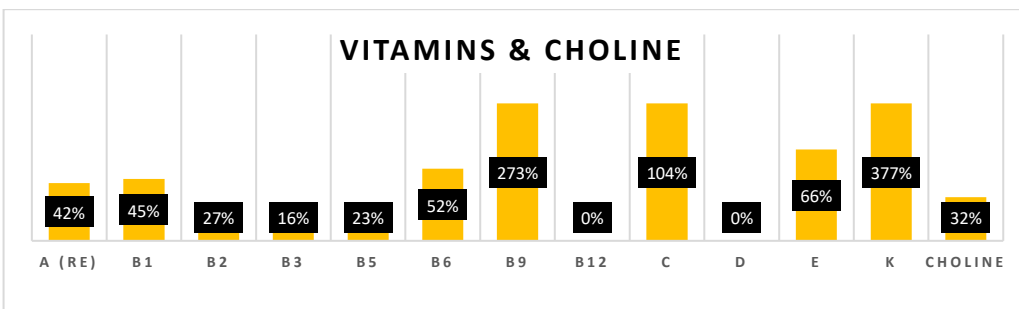
SMANGODER CHICKPEA CURRY AS IT IS

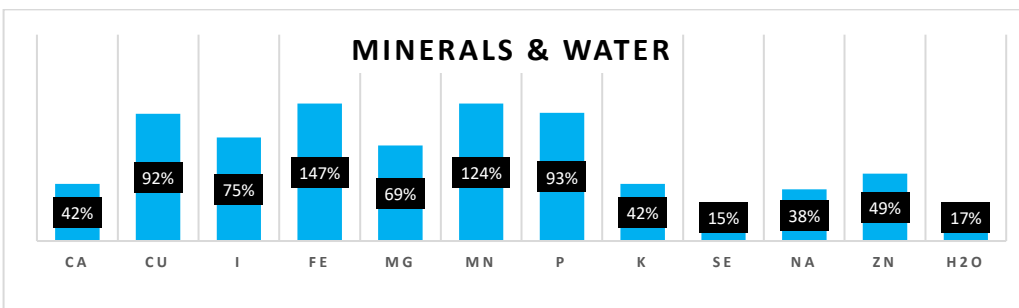
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 14:1



511kcal	91g	25g	26g	8.4g	0.89g	2.52g	3.15g	2.92g	0.21g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



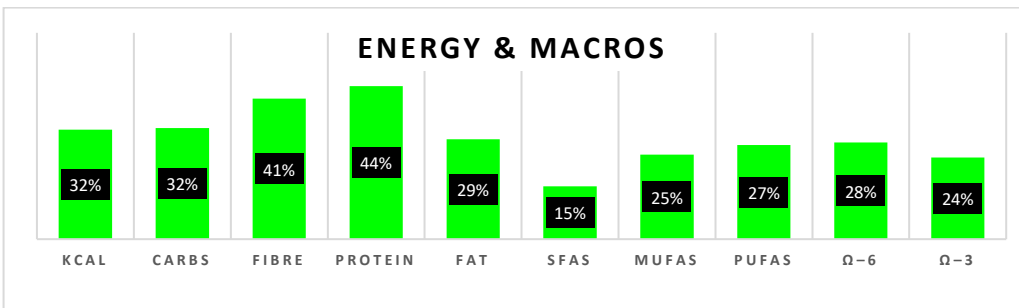


MEAL SUGGESTION

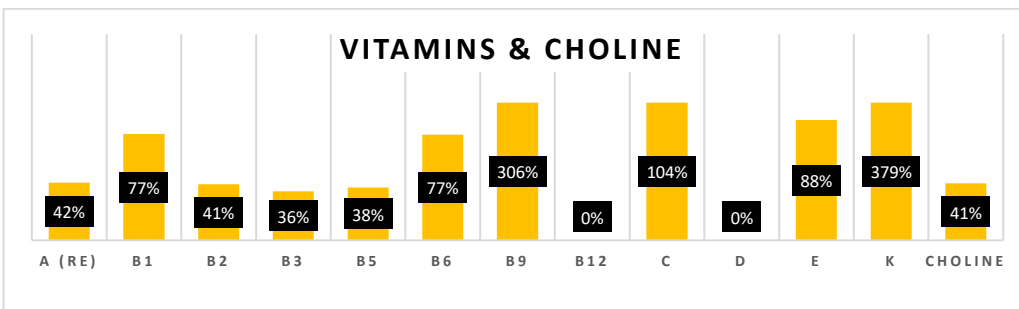
Smangoder Chickpea Curry, Brown Rice, Buckwheat or Quinoa
Sprinkle of ground flaxseed
Glass of Water

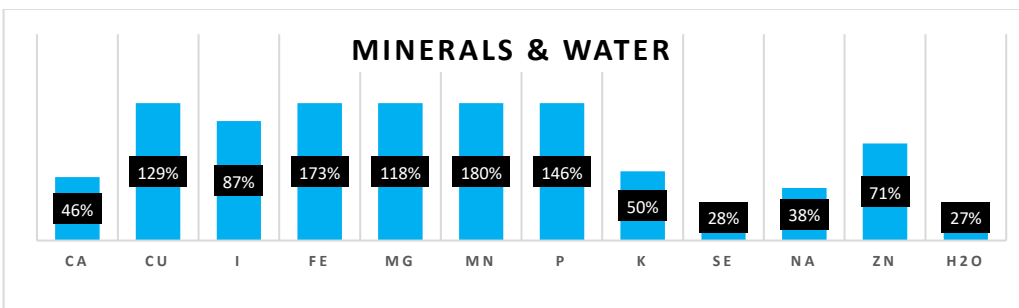
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



795kcal	145g	31g	35g	12.5g	1.45g	3.59g	5.18g	4.26g	0.9g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

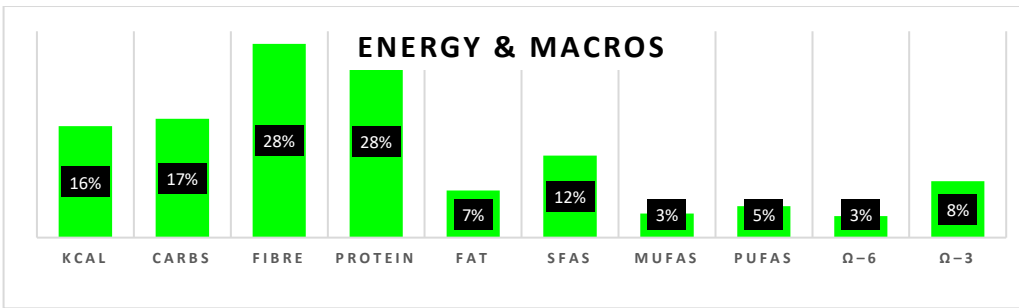




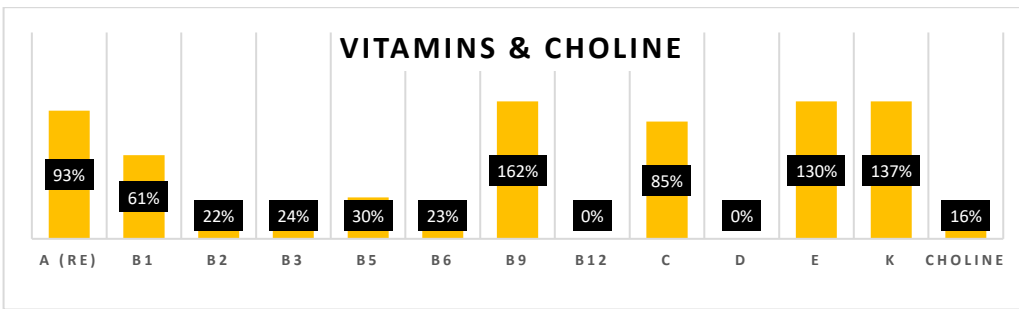
SQUASH & BLACK BEAN STEW AS IT IS

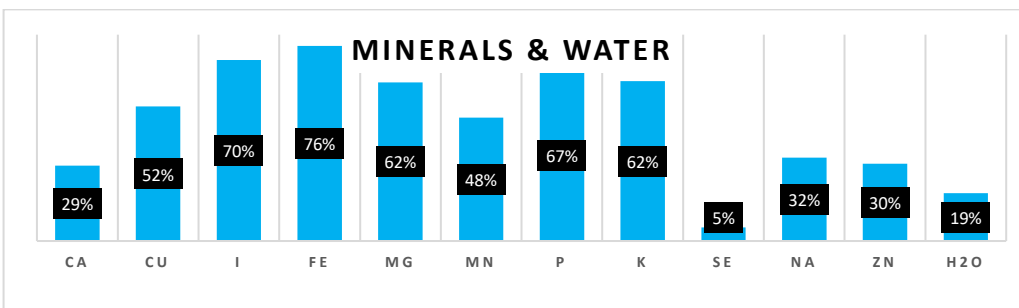
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 2:1



405kcal	78g	21g	22g	3g	1.13g	0.51g	0.87g	0.48g	0.31g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



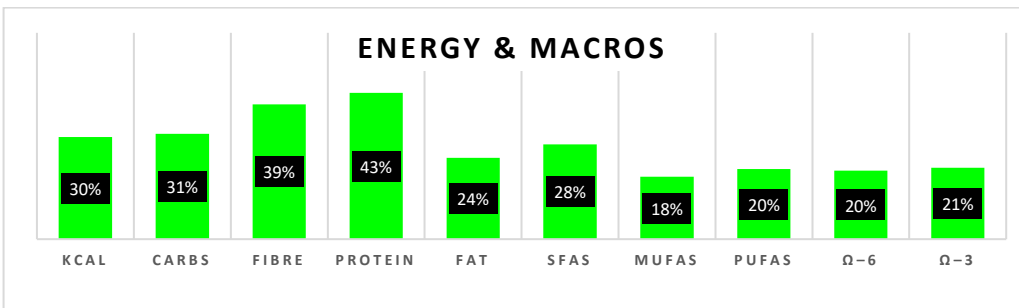


MEAL SUGGESTION

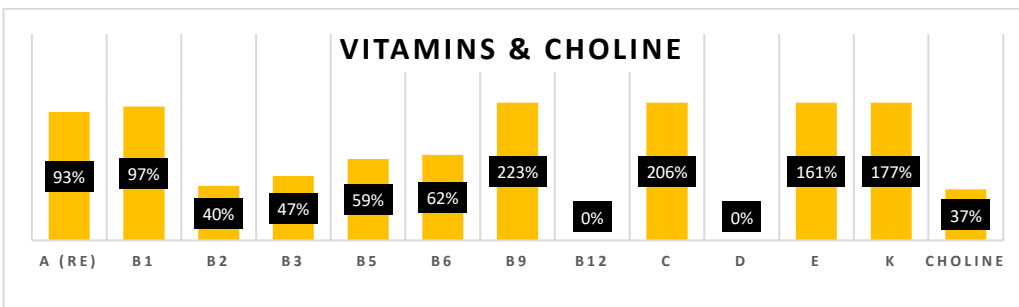
Squash & Black Bean Stew, Brown Rice or Buckwheat or Quinoa
Steamed Cauliflower, Brazil Nuts, Chia Seeds
Glass of Water

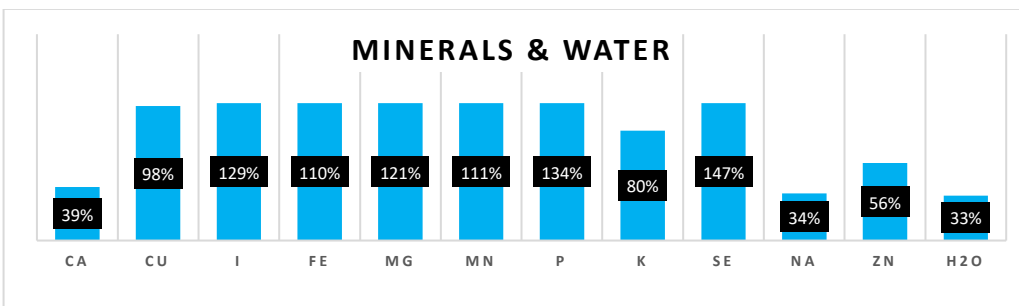
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



743kcal	138g	29g	33g	10.2g	2.61g	2.65g	3.87g	3.01g	0.79g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

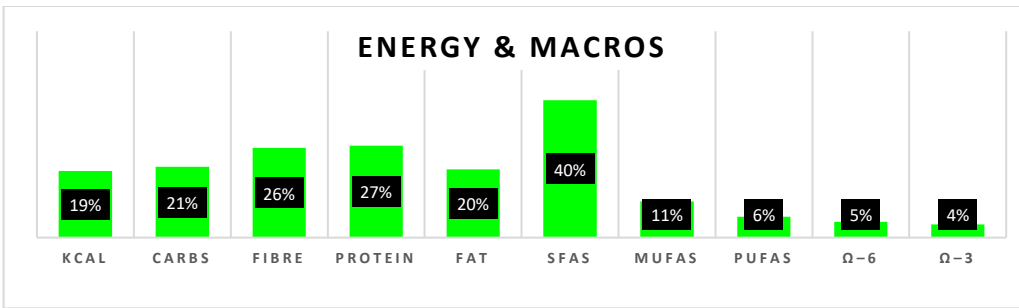




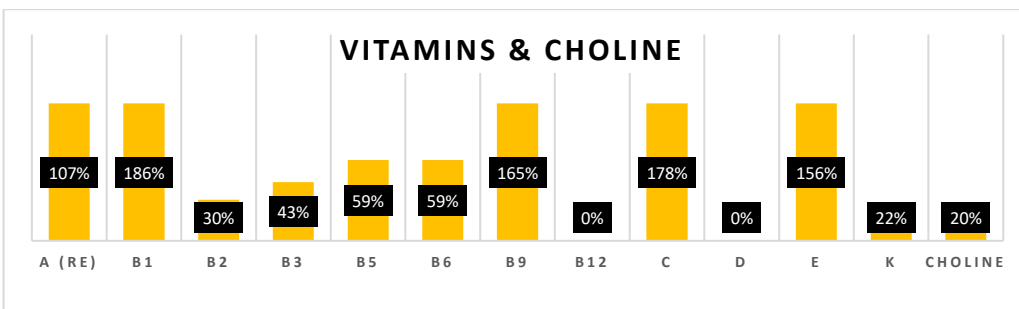
SQUASH & LENTIL CURRY AS IT IS

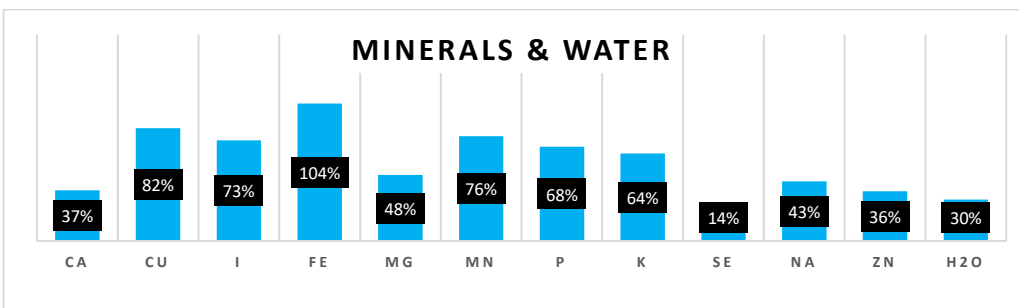
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



485kcal	93g	20g	21g	8.6g	3.79g	1.54g	1.16g	0.7g	0.15g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



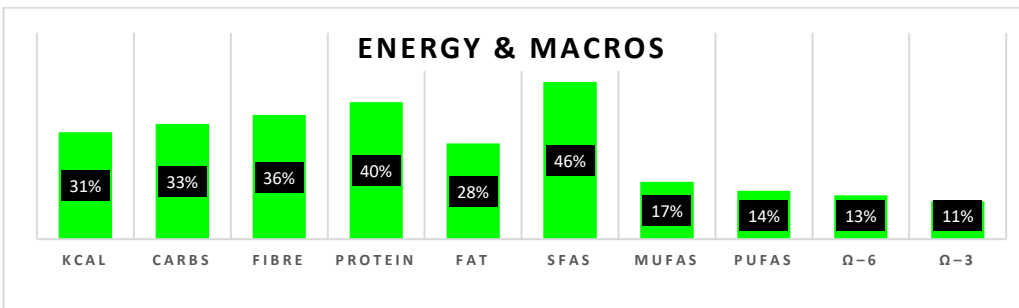


MEAL SUGGESTION

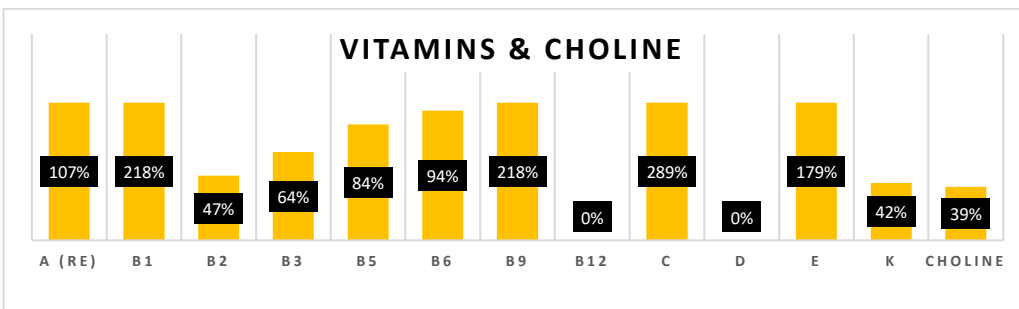
Squash & Lentil Curry
Brown Rice, or Buckwheat, or Quinoa
Steamed Cauliflower

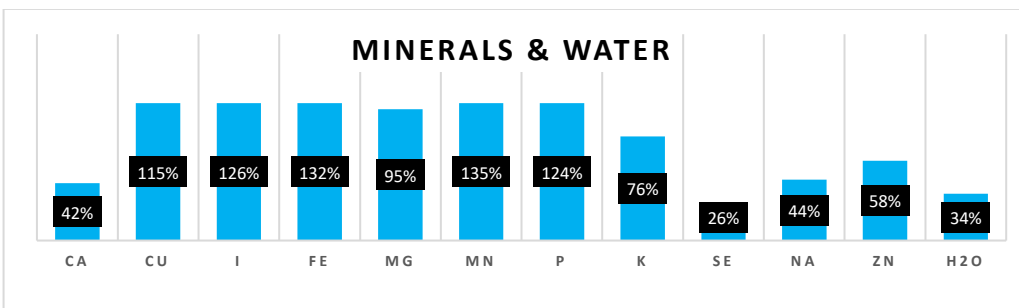
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



778kcal	151g	27g	31g	12g	4.33g	2.45g	2.66g	1.93g	0.42g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

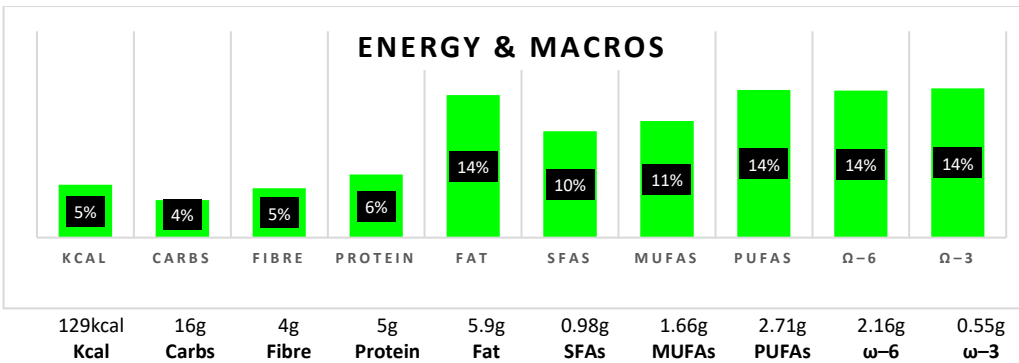




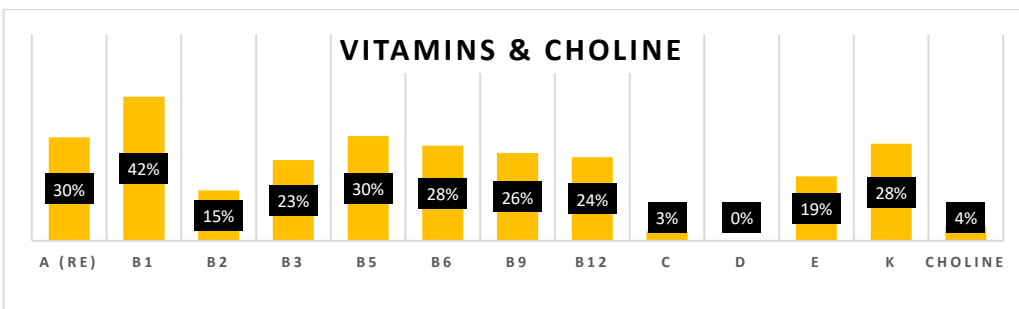
SQUASHED MILK ALTERNATIVE AS IT IS

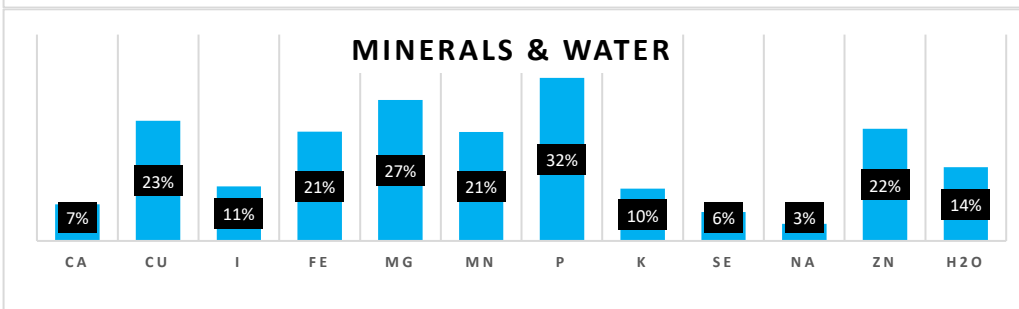
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



129kcal	16g	4g	5g	5.9g	0.98g	1.66g	2.71g	2.16g	0.55g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



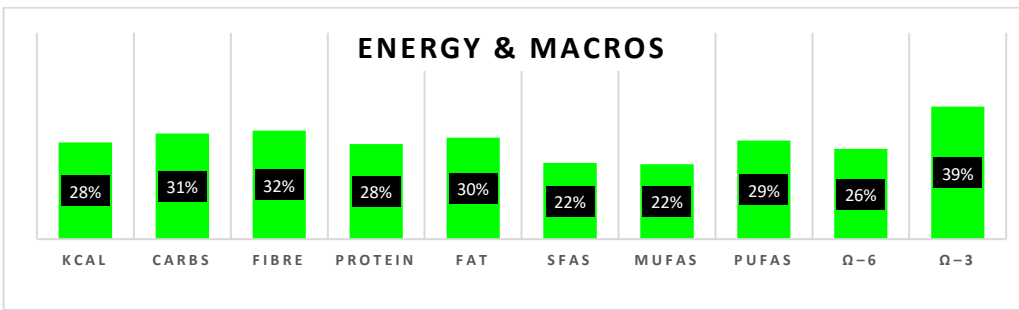


SQUASHED MILK BREAKFAST

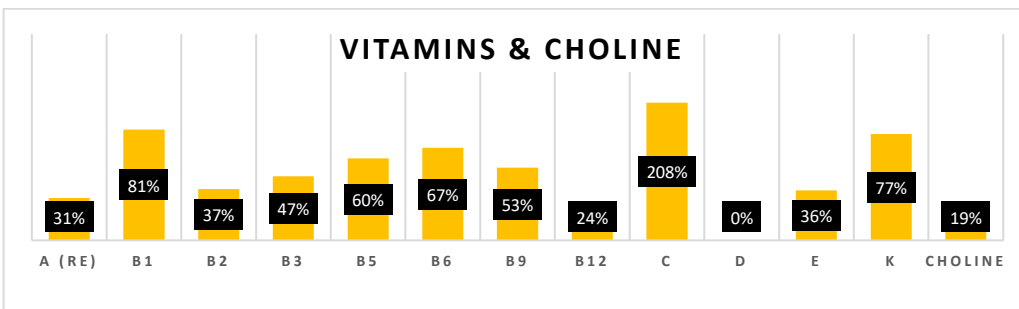
Oat or Buckwheat Porridge
Apple or Banana, Dried Mulberries, Squashed Milk Alternative
Carob or Ceylon Cinnamon Powder, Chia Seeds

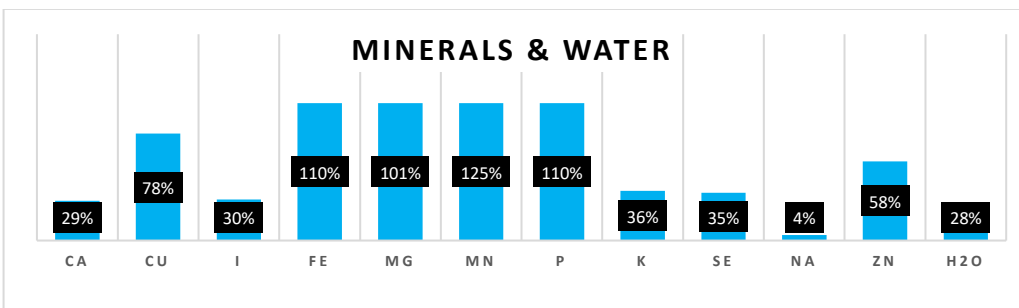
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



702kcal	138g	24g	22g	12.7g	2.1g	3.2g	5.43g	3.98g	1.46g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

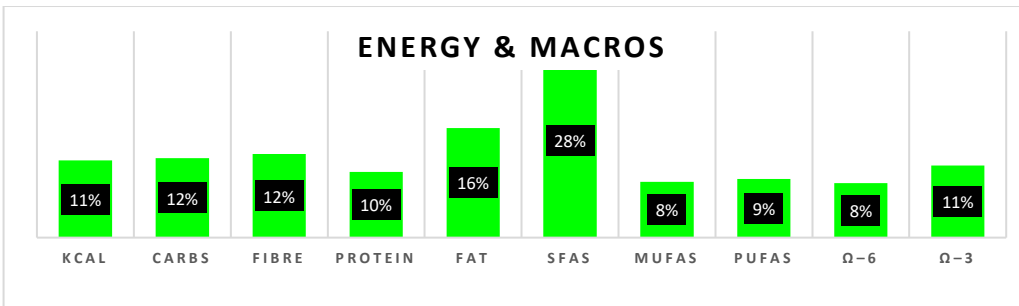




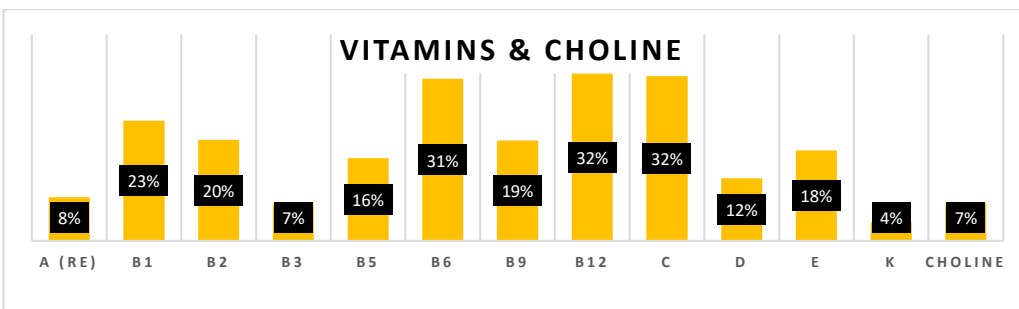
SRI LANKAN SMOOTHIE
AS IT IS

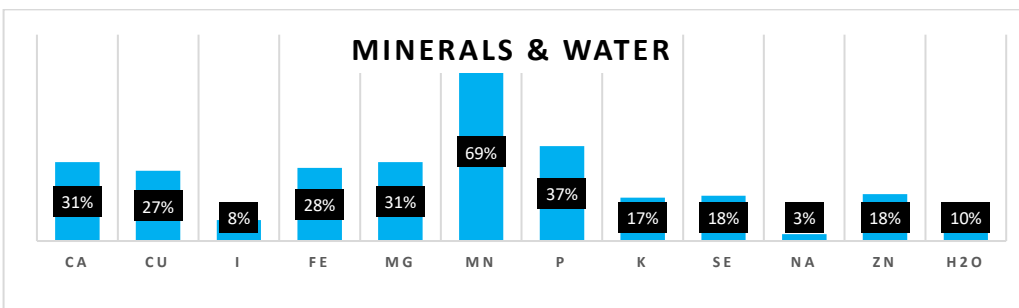
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



280kcal	52g	9g	7g	6.9g	2.68g	1.19g	1.62g	1.2g	0.4g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

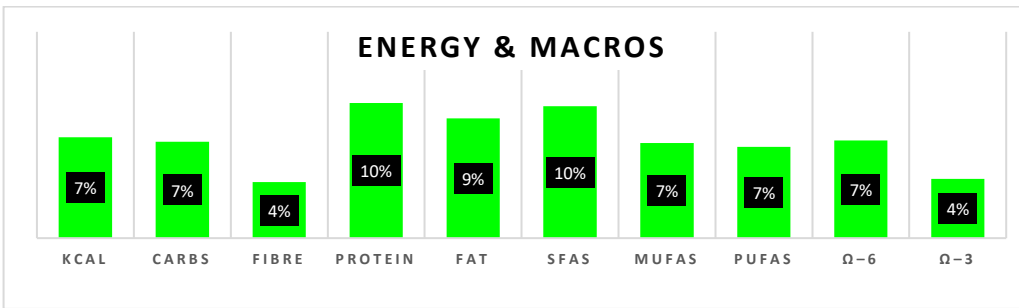




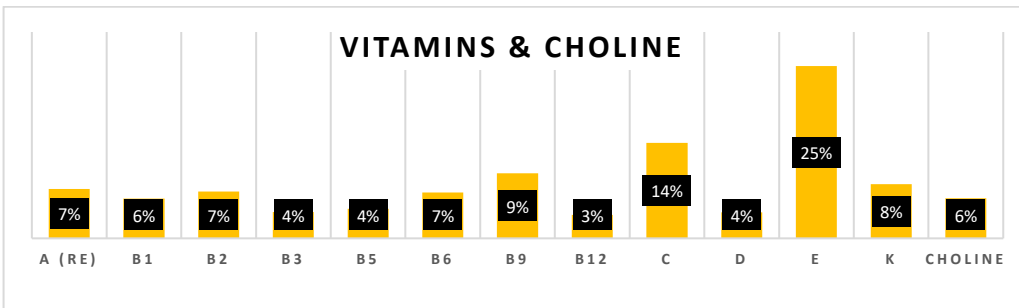
STRAWBERRY, APRICOT & MANGO ICE-CREAM

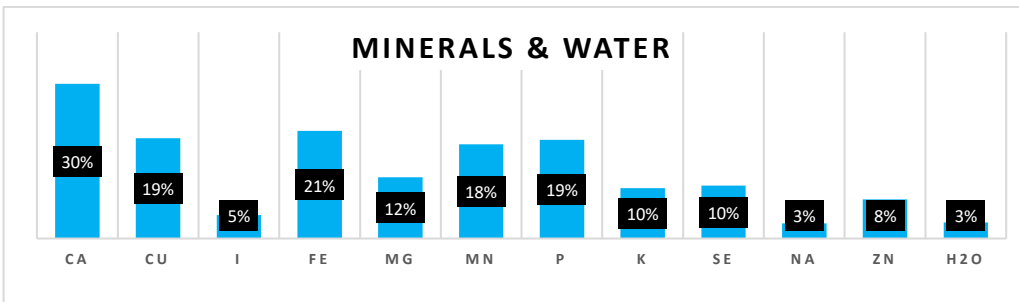
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 7:1



183kcal	32g	3g	8g	3.7g	0.91g	1.01g	1.26g	1.08g	0.16g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω−6**	**ω−3**

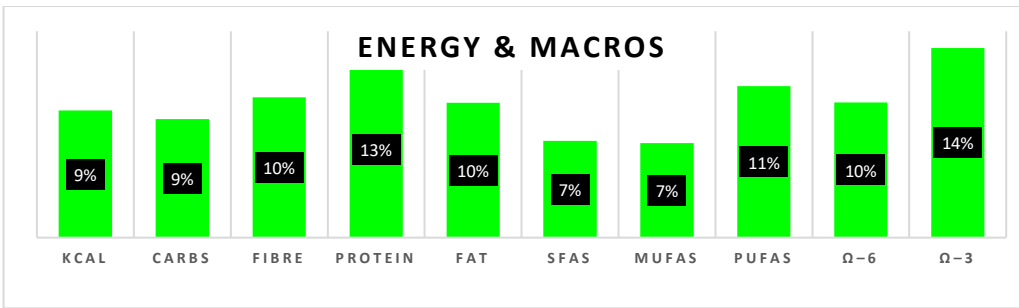




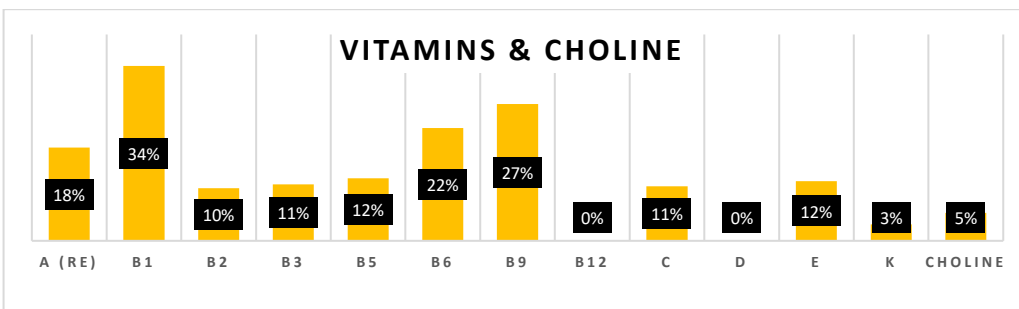
SUPER SNACKS
AS THEY ARE

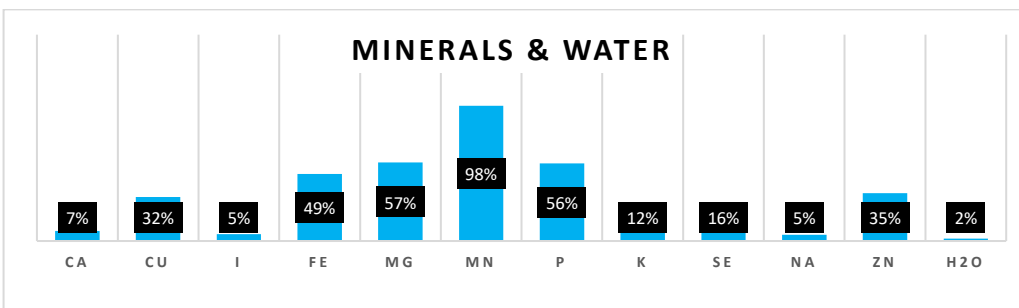
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 3:1



231kcal	39g	8g	10g	4.2g	0.67g	1.01g	2.08g	1.49g	0.52g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

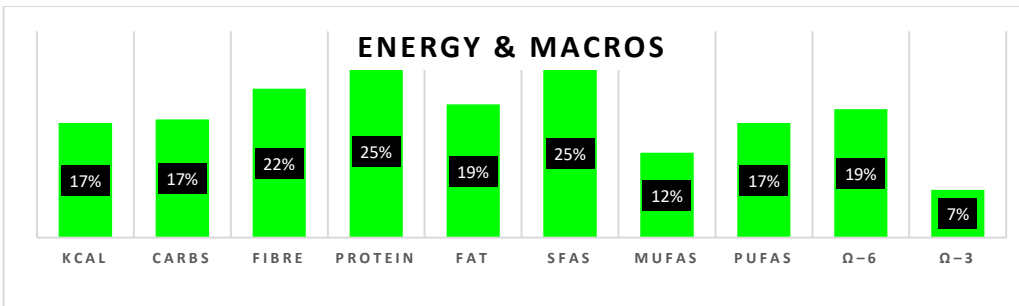




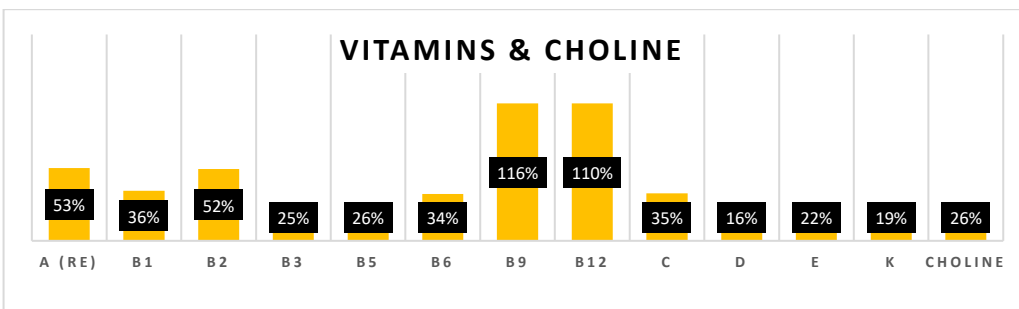
SWEETCORN CHOWDER AS IT IS

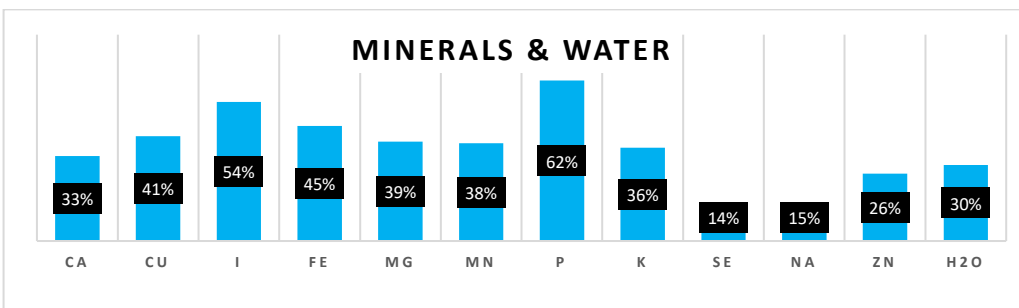
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 10:1



417kcal	77g	16g	20g	8.3g	2.32g	1.8g	3.16g	2.83g	0.26g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



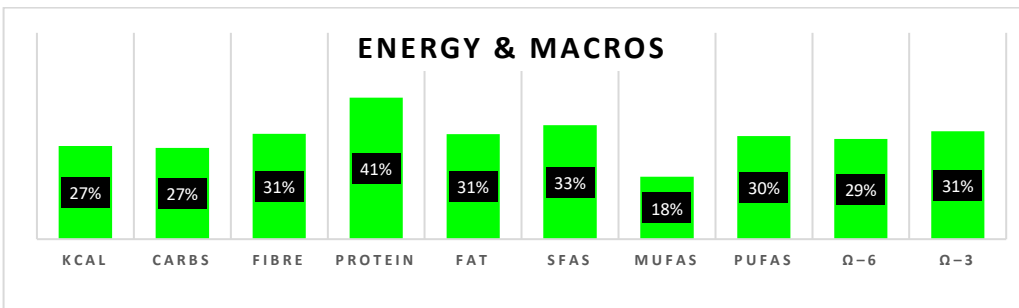


MEAL SUGGESTION

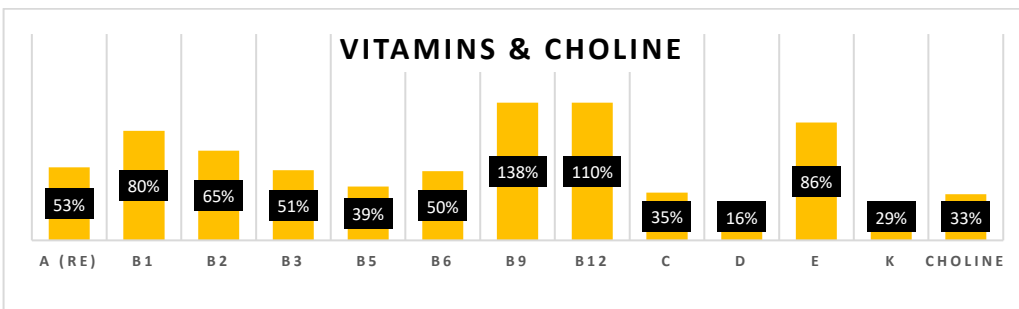
Sweetcorn chowder
Sprinkled flaxseed
Wholemeal bread

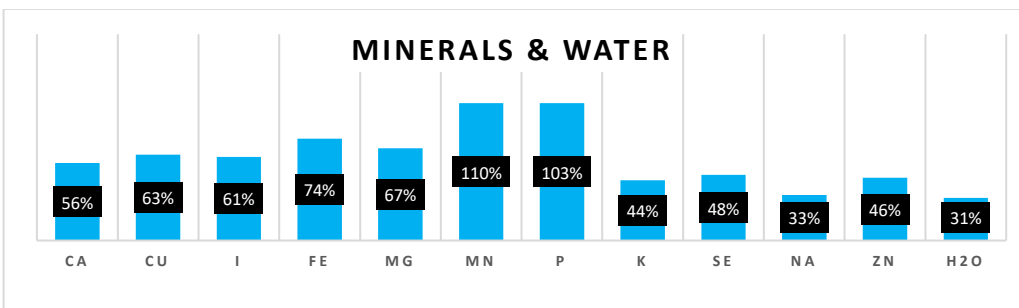
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



677kcal	119g	23g	32g	13.2g	3.14g	2.66g	5.68g	4.42g	1.19g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

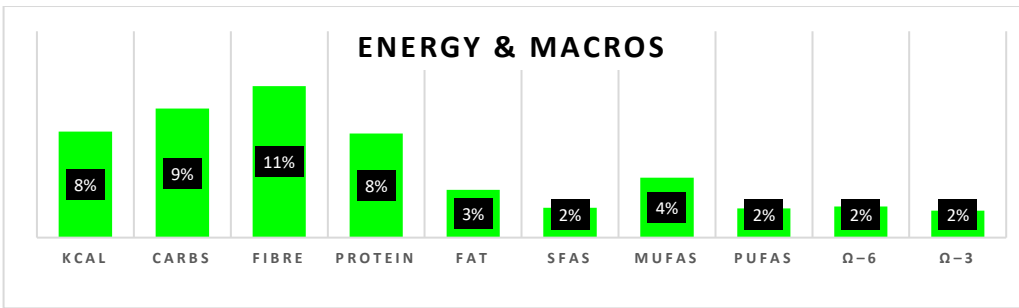




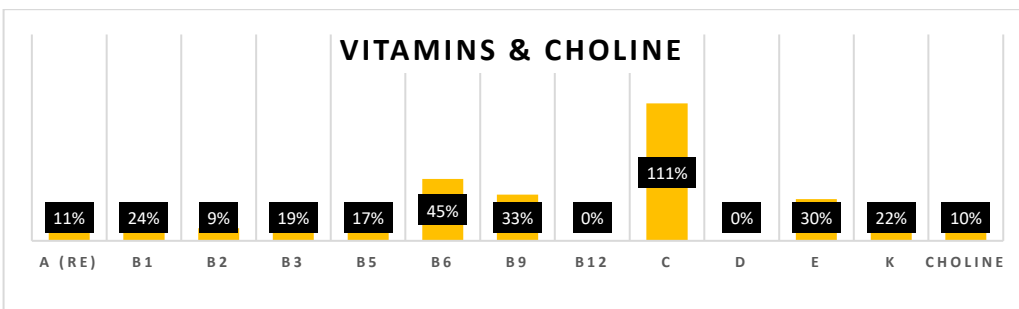
TOMATO & POTATO CURRY
AS IT IS

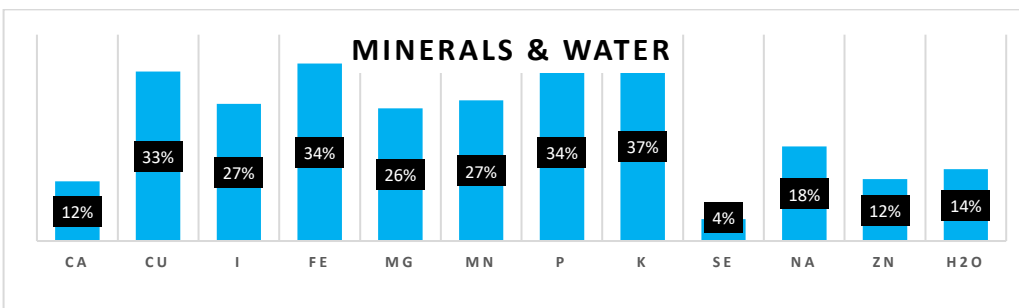
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



193kcal	42g	8g	6g	1.5g	0.21g	0.64g	0.4g	0.34g	0.07g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



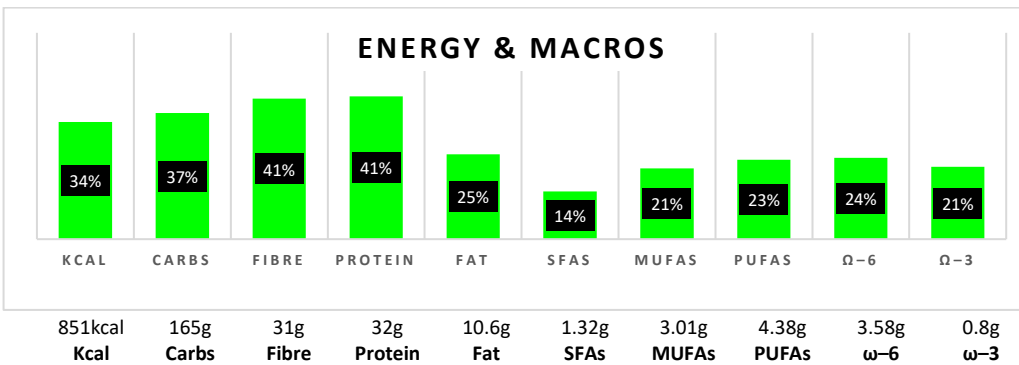


MEAL SUGGESTION

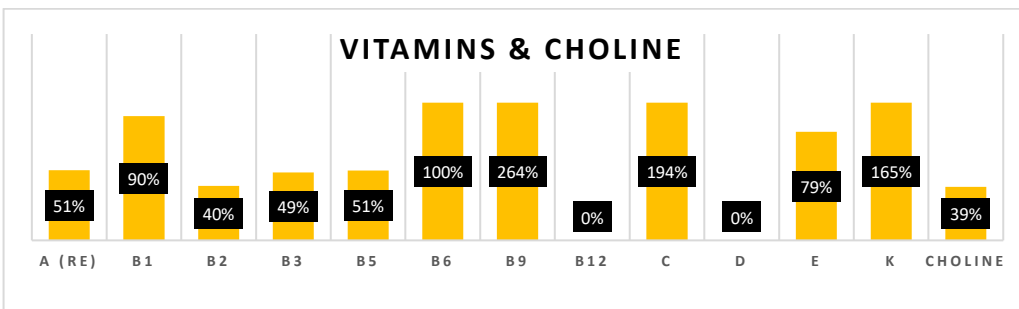
Chickpea Curry (Chana Masala – see our recipe)
Tomato & Potato Curry, Rice, Buckwheat, or Quinoa
Steamed Carrots, Ground Linseed, Glass of Water.

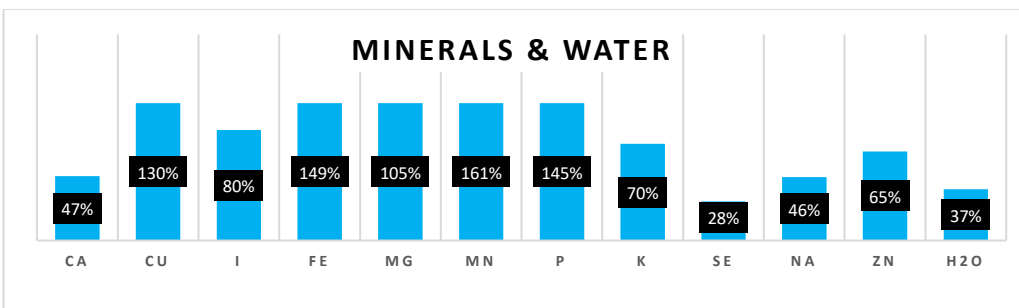
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



851kcal	165g	31g	32g	10.6g	1.32g	3.01g	4.38g	3.58g	0.8g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

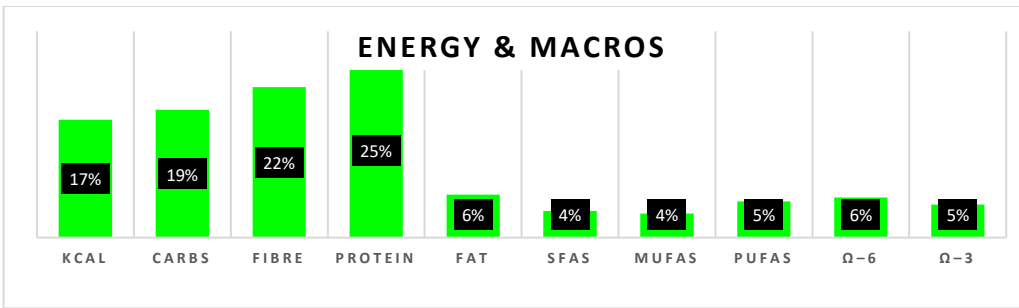




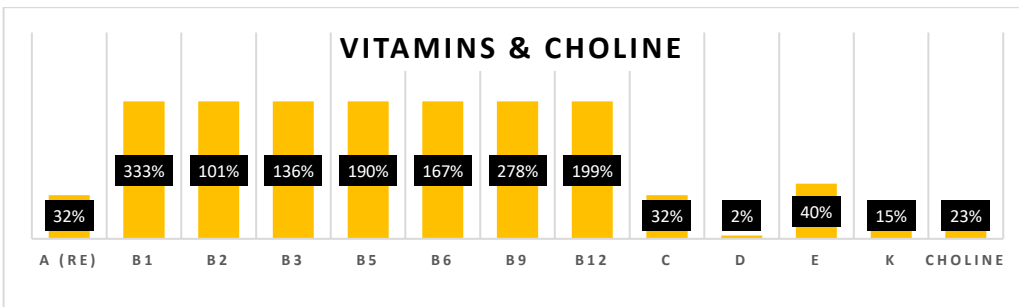
TUNISIAN BLACK BEAN FALAFELS AS IT IS

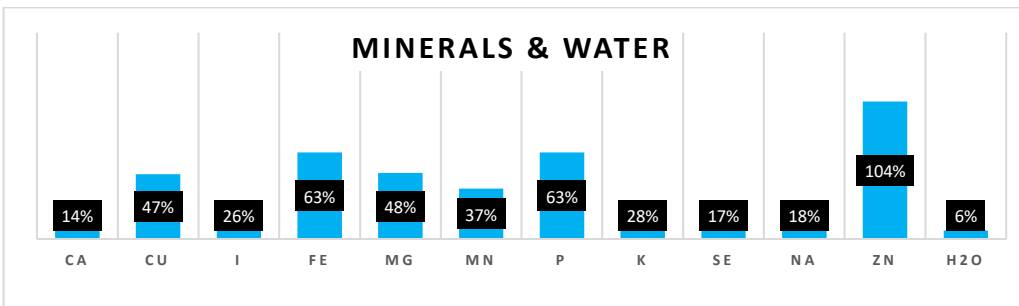
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 5:1



428kcal	84g	16g	20g	2.7g	0.37g	0.51g	1g	0.88g	0.18g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



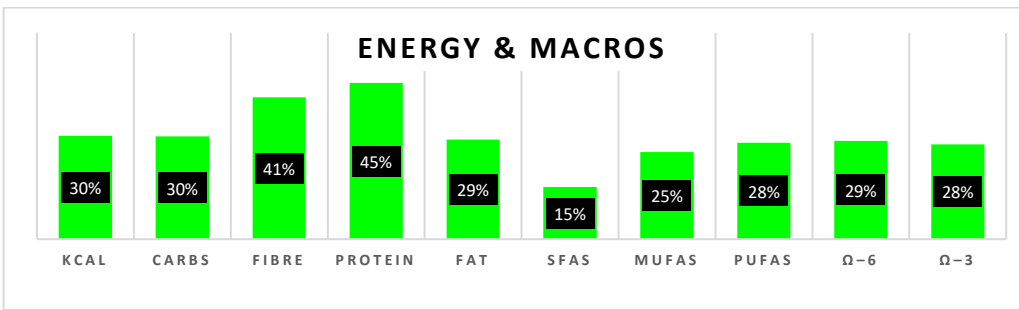


MEAL SUGGESTION

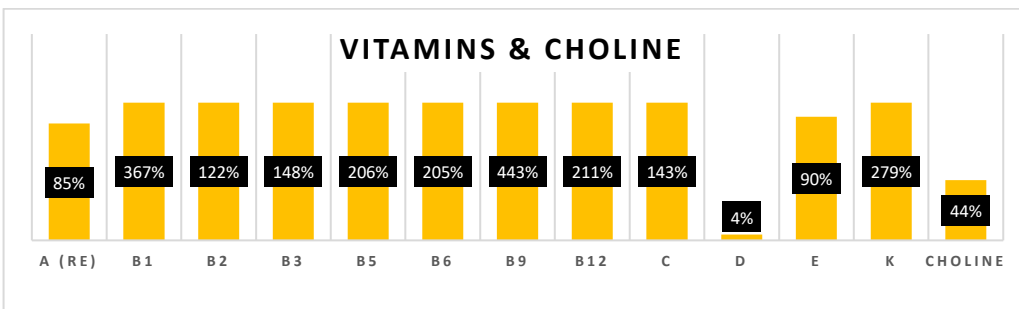
Tunisian Black Bean Falafels, Houmous, Ground Linseed
Romaine Lettuce, Garden Cress, Cucumber,
Tomato, Onion, Olives, Walnut Salad, Glass of Water

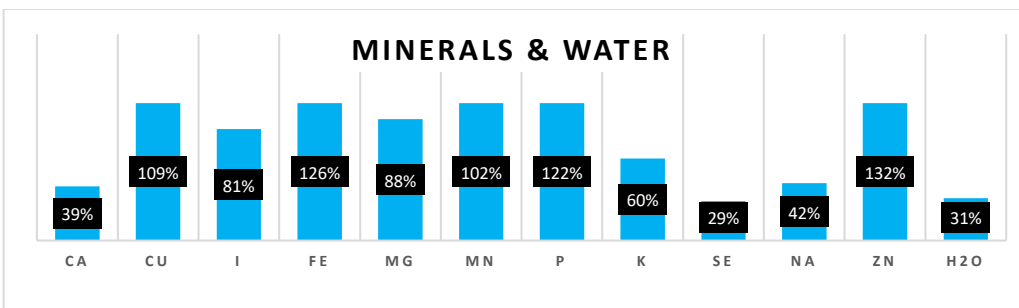
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



751kcal	134g	31g	35g	12.5g	1.44g	3.71g	5.31g	4.34g	1.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

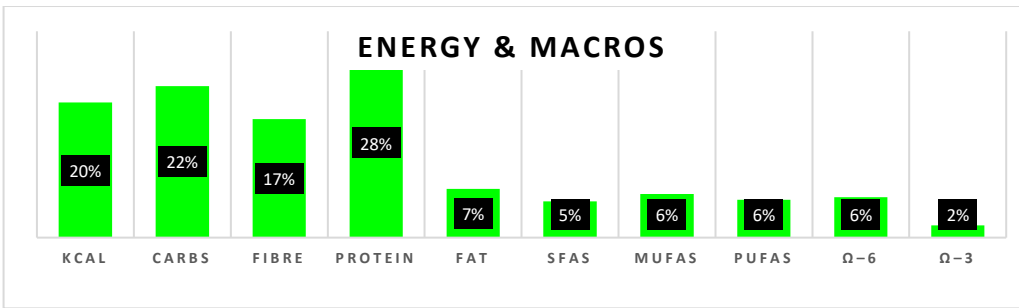




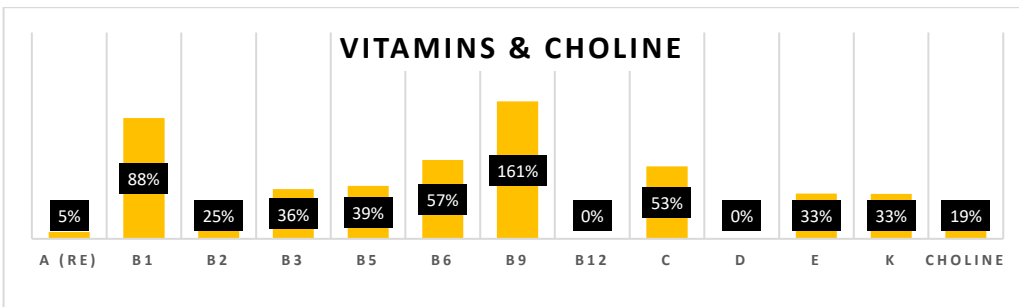
TUNISIAN MUJADARA
AS IT IS

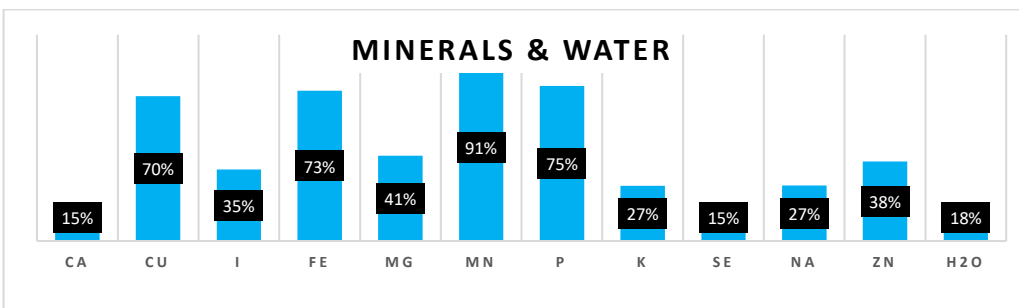
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 13:1



491kcal	99g	13g	22g	3g	0.5g	0.93g	1.04g	0.89g	0.07g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



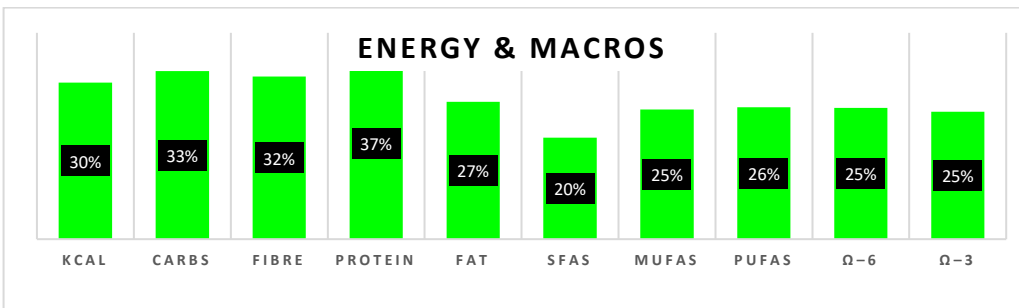


MEAL SUGGESTION

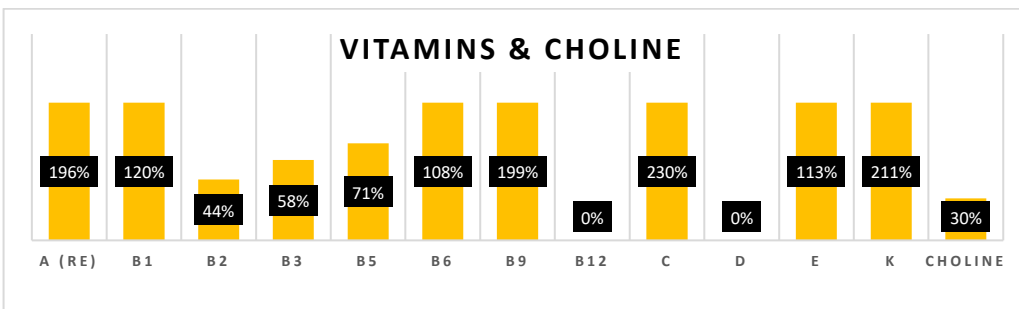
Tunisian Mujadara, Roast Sweet Potato & Onion
Fresh Tomatoes, Cucumber, Olive Salad
Walnuts, Chia Seeds, Brazil Nuts, Glass of Water

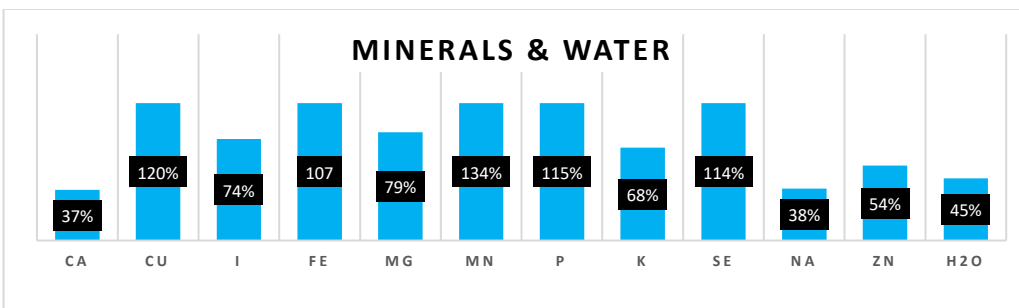
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



759kcal	147g	24g	29g	11.5g	1.87g	3.68g	4.84g	3.86g	0.94g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

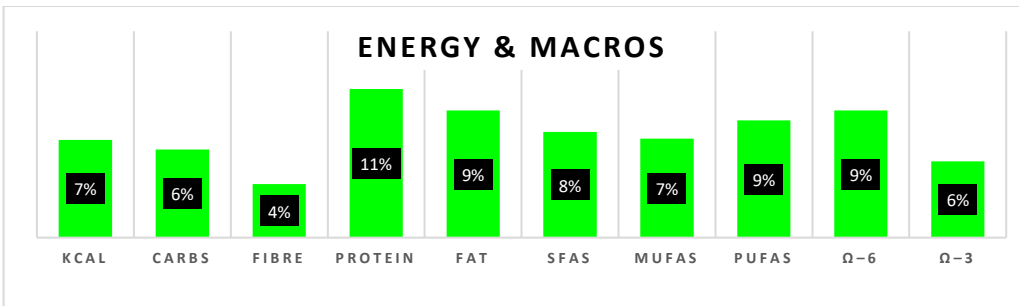




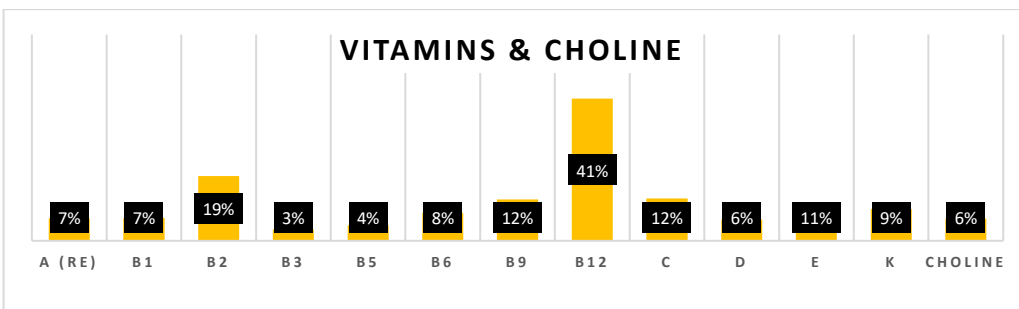
TURKISH DELIGHT ICE-CREAM AS IT IS

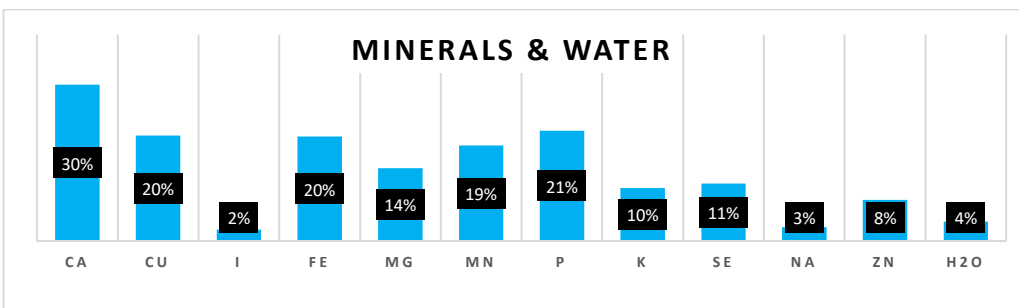
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



177kcal	29g	3g	8g	4g	0.73g	1.05g	1.61g	1.4g	0.21g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

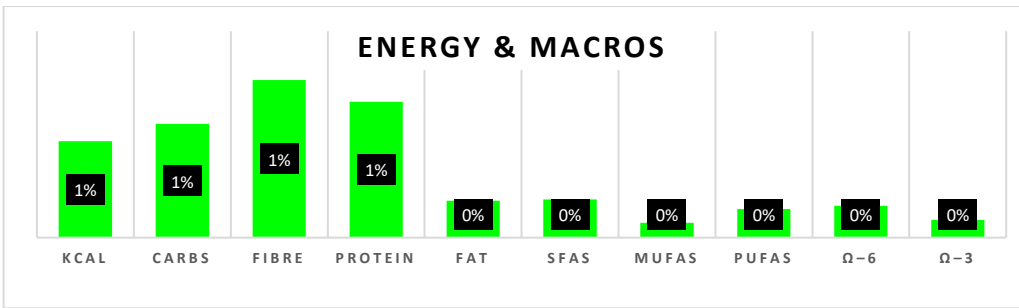




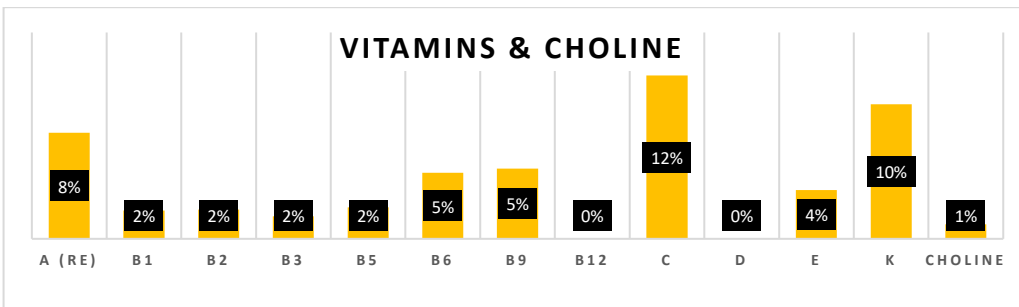
VEGETABLE STOCK
AS IT IS

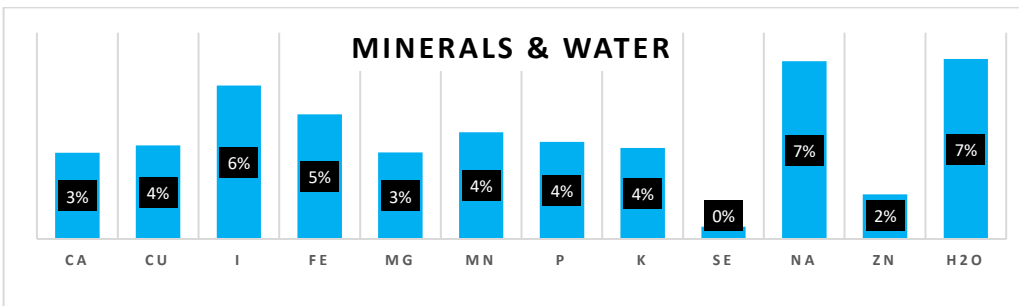
Nutrient data is worked out per portion in accordance with the recipe.
The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



18kcal	4g	1g	1g	0.1g	0.03g	0.02g	0.04g	0.04g	0g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**

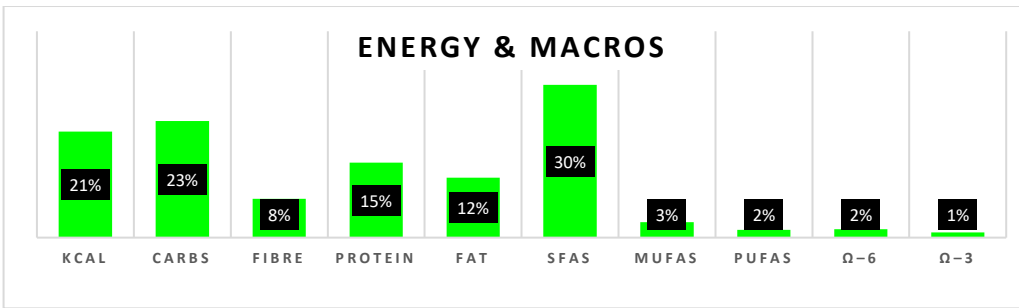




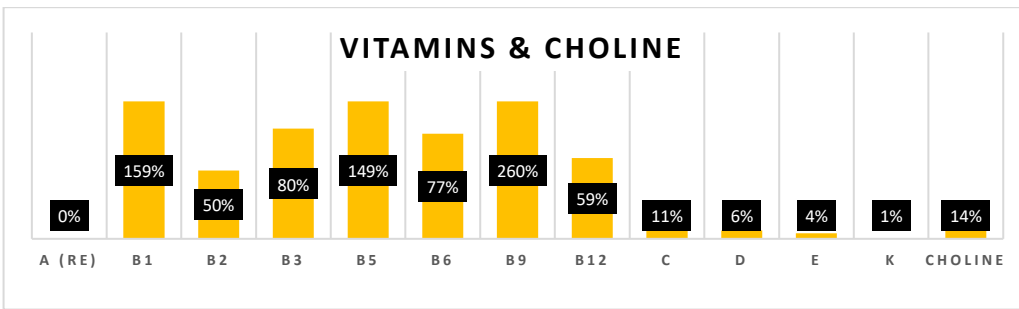
WILD MUSHROOM RISOTTO AS IT IS

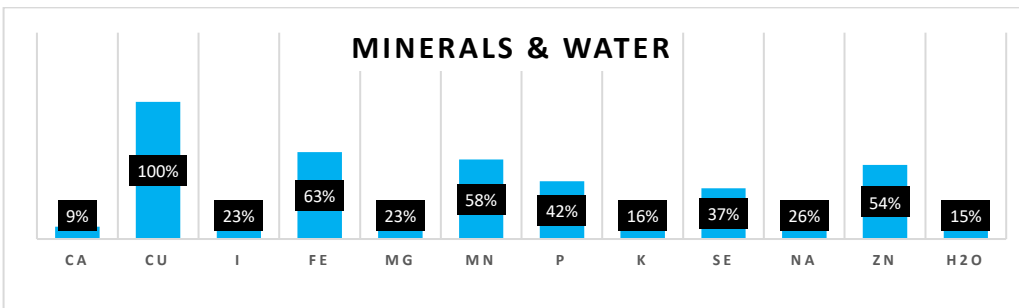
Nutrient data is worked out per portion in accordance with the recipe. The percentages indicate how much this recipe may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 6:1



514kcal	102g	6g	11g	5g	2.81g	0.43g	0.29g	0.25g	0.04g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**



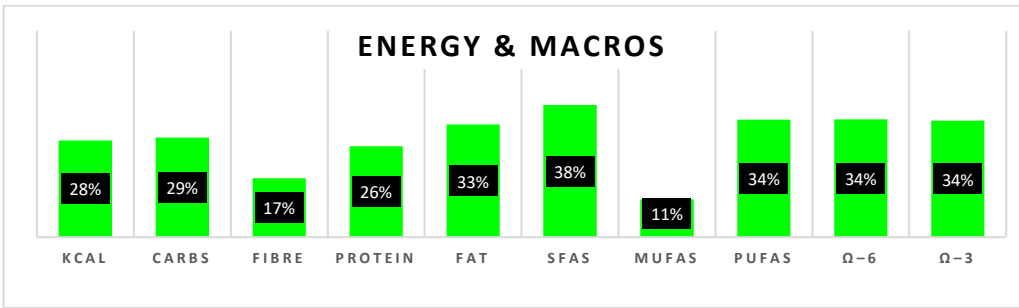


MEAL SUGGESTION

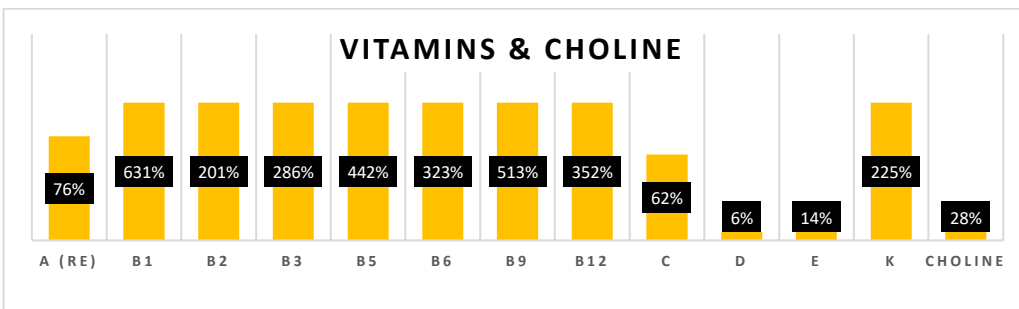
Wild Mushroom Risotto
Sweet Potato, Steamed Nettle or Kale
Walnuts, Nutritional Yeast, Seaweed Seasoning, Glass of Water

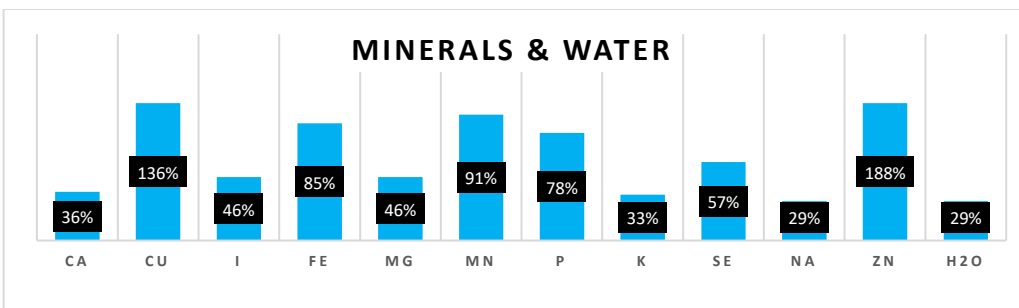
The percentages indicate how much this meal may contribute to your daily nutritional requirements.

Omega 6 to Omega 3 ratio = 4:1



704kcal	130g	13g	21g	14.1g	3.64g	1.6g	6.47g	5.19g	1.28g
Kcal	**Carbs**	**Fibre**	**Protein**	**Fat**	**SFAs**	**MUFAs**	**PUFAs**	**ω–6**	**ω–3**





Imagine Your Life's Wholefood Plant-Based Cookbook and its associated nutrient data detailed in this document was self-published in 2021 by Isaac Butcher at Imagine Your Life
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IMAGINE YOUR LIFE

Wholefood Plant-Based Cookbook

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