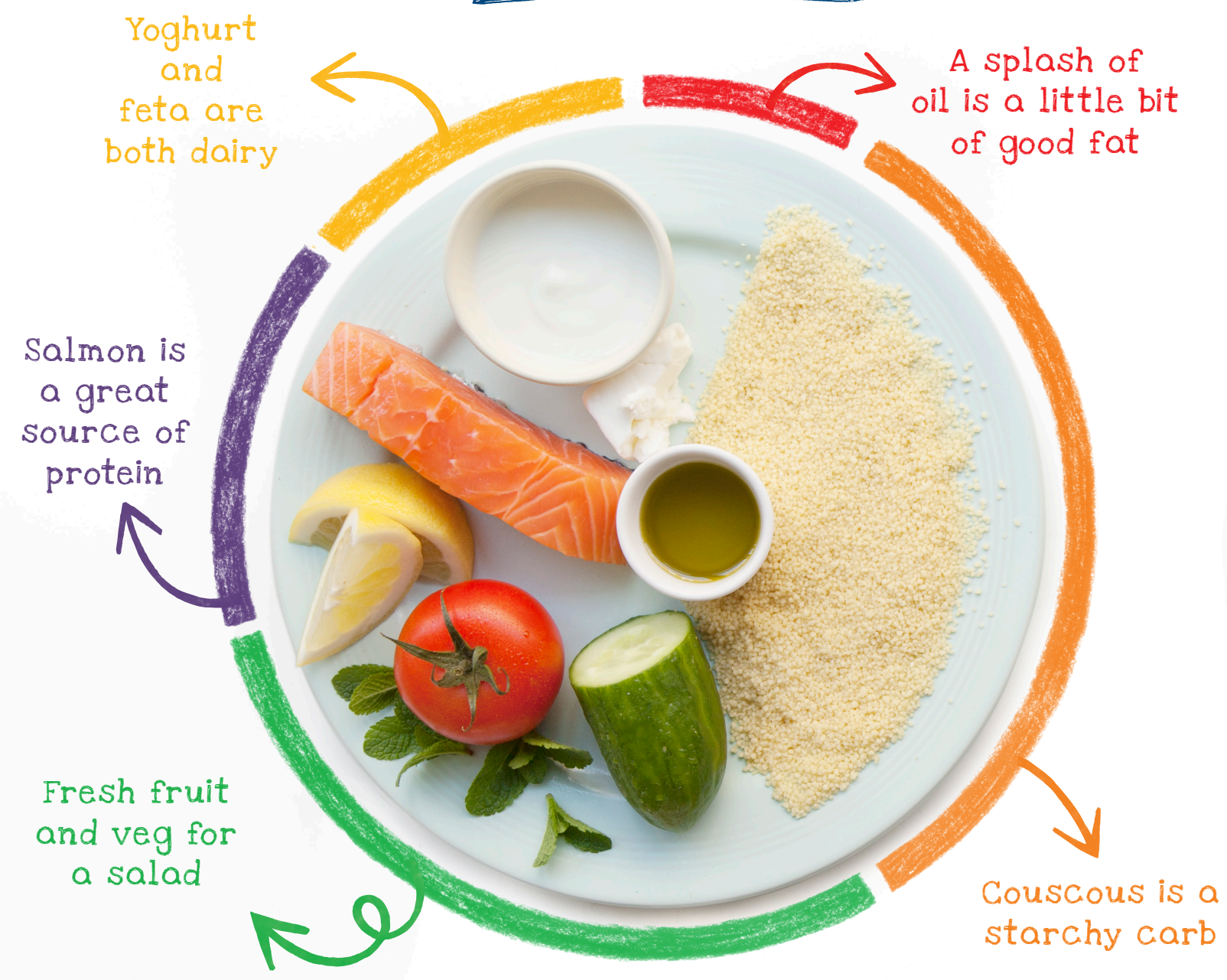


# A balanced plate

Raw



Ready



Drink plenty of water



Menu  
.....  
Grilled salmon  
with vegetables,  
couscous,  
crumbled feta,  
a dollop of  
yoghurt and a  
drizzle of oil

## Balance your plate