

6

HEALTHY RECIPES FOR YOU TO TRY!

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



1

**VEGETABLE
FRITTATA**



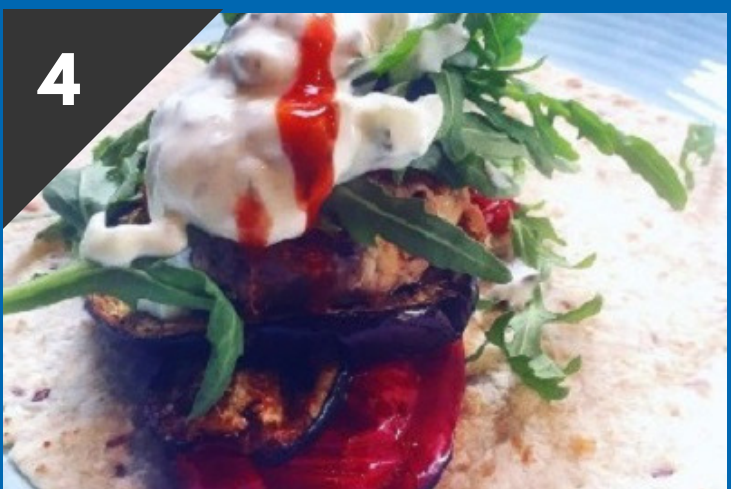
2

**HOMEMADE KEBABS
WITH SPRING SALAD**



3

**CHICKEN LARB WITH
ASIAN GREENS**



4

**VEGETARIAN (BEAN)
WRAPS**



5

**EASY CHEESY
MUFFINS**



6

**LOADED SWEET
POTATO**

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