Healthy Vegetarian Recipes.

It is true that we “Are what we Eat”.

Less carbs, more protein.

Less sugar more greens, fruits, pulses and nuts in your diet will improve your overall Well-Being.

I felt that it was really important to place emphasis on food as part of our programme. To this end I shared a series of recipes with our Project Assistant, Danni each week, to cook with one of the participants.

There are six easy to make recipes in our Well-Being Tool Kit pack. Each recipe serves 4; so increase the quality if you are cooking for more people.

Along with the 6 recipes we have included a list of food items that you should always have in your kitchen. Pleases refer to the sheet of these essential food items to use regularly in order to maintain a robust immune system.

 **Happy Eating**