

Nude Food Day 2013

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Multigrain Rice cakes cut into squares with hummos filling

Fresh Fruit



Rice Paper rolls filled with salad, chicken and a sweet chilli/soy sauce dressing

Chocolate Delight balls: 2 fresh dates, sprinkle of cacao/cocoa powder, roll into a ball, coat with desiccated coconut. Makes 1

Natural Organic yoghurt mixed with fresh passion fruit

Blueberry Smoothie: Blend 1 cup organic milk, ½ banana, 1 tablespoon blueberries, small drizzle of honey. Pack with small ice pack to keep cool

Peppermint Slice: 2 fresh dates, 2 drops of peppermint essence, 1 teaspoon oats, mix and form into a square, top with sesame seeds

Fresh Vegetable sticks



Freshly popped popcorn with a light sprinkle of salt

Steamed cob of corn lightly brushed with butter

Multigrain/Rye bread with tuna, avocado & chopped celery mixed together for the filling

NUDE FOOD = HEALTHY BODY + HEALTHY PLANET

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