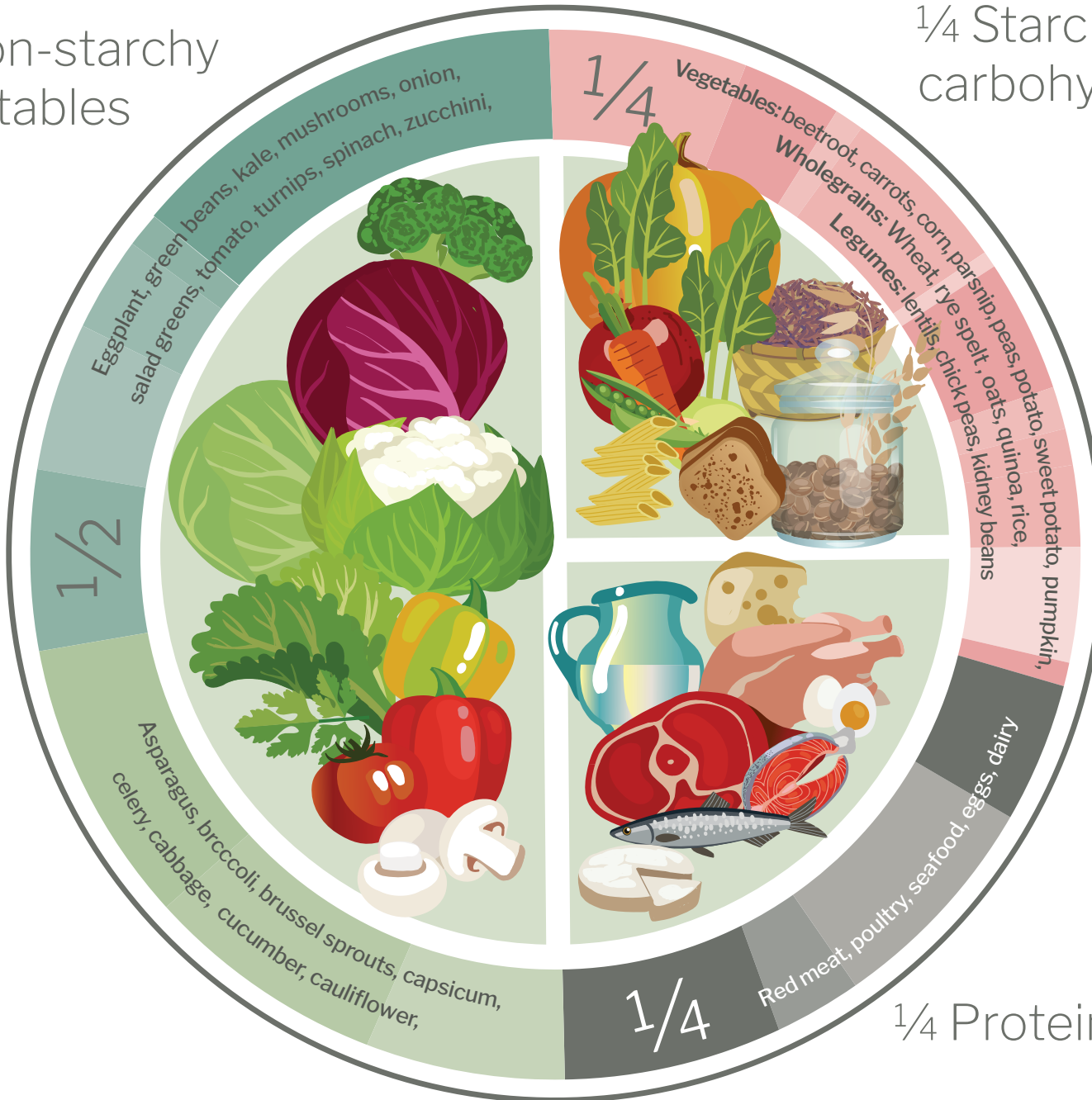


Healthy Plate

a cut above
nutrition 

1/2 Non-starchy
vegetables



+ 1-2 tbs
Healthy fats

- olive oil
- macadamia oil
- walnut oil
- coconut oil
- butter
- ghee
- nuts
- seeds
- olives
- avocado

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