

divine&delicious

Divine & Delicious Self-Care through Food Nutritional Cookery
Workshops



Every-Day Detox Menu 18th April

Seatrout with Samphire

Malaysian Chicken or Green Vegetable (v) Curry

Steamed Coconut Rice (V)

Fennel with Apple, Walnuts and Parsley (V)

Raw Beetroot Salad with Dill and Capers (V)

Divine & Delicious Massaged Raw Kale Salad (V)

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Cranberry and Grapefruit Jelly (V)

Snacks:

Green tea, Organic Coffee, Still and Sparkling Water, Fresh Carrot  
Apple and Ginger Juice, Nuts, Seeds and Fresh Fruit