



## LOW FODMAP NOURISH PACK: \$15 (GF, DF, V, RSF)

### Zucchini noodles

*Zucchini Noodle, Boiled Egg, Spinach,  
Toasted, Nuts, Parsley, Mint, Quinoa.*

**Dressing:** Olive Oil, Balsamic Glaze,  
Lemon

### SNACK: Roasted Veggie Dip

*Carrot, Sweet Potato, Cumin, Tahini,  
Olive Oil, Lemon, Pumpkin Seeds,  
Parsley.*

### SWEET: So Naughty But Nice

*Apple &  
Blueberry Bars.*

@FedUpProject



## VEGGIE NOURISH PACK: \$15 (GF, DF, V, NF, RSF)

### Roasted Vegetable Toss

*Sweet Potato, Cauliflower, Spinach,  
Zucchini, Pumpkin, Parsley Crumbled  
Feta, Toasted Cumin Seeds.*

**Dressing:** Lemon, Olive Oil,  
Maple, Tahini

### SNACK: Roasted Veggie Dip

*Carrot, Sweet Potato, Cumin, Tahini,  
Olive Oil, Lemon, Pumpkin Seeds,  
Parsley.*

### SWEET: So Naughty But Nice

*Superfood Choc Crackle.*





## PROTEIN NOURISH PACK:

\$18 (GF, DF, RSF)

### Chicken & Avocado Fiesta

*Spinach, Roasted Capsicum, Caramelised Red Onion, Charred Corn, Tomato, Lettuce, Parsley, Chicken Breast, Avo.*

**Dressing:** Coriander Seeds, Lemon, Garlic, Cumin, Smoked Paprika, Chilli, Oregano, Olive oil.

### SNACK: Savoury GF Muffin

Pumpkin, Spinach, Zucchini & Thyme.

### SWEET: So Naughty But Nice

*Choc Almond Cake Ball.*



## RAINBOW NOURISH PACK:

\$18 (GF, DF, V, Ve, RSF)

### Nourish Bowl

*Avocado, Steamed Vegetables, Pickled Vegetables, Edamame Beans, Brown Rice, Carrot Noodles, Black Sesame.*

**Dressing:** Garlic, Tamari, Miso, Maple, Sesame Oil, Chilli, Toasted Sesame.

### SNACK: Savoury GF Muffin

Pumpkin, Spinach, Zucchini & Thyme.

### SWEET: So Naughty But Nice

*Peanut Butter Florentine.*

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The below desserts +more are available at the  
Wellness Summit 2016

