



Tristaste



Recipe of the Week: Low-calorie Hawaiian Poke Bowl!



What does Tristaste provide?

My name is Trista. I am enthusiastic about cooking and baking. "Tristaste" is a portmanteau word comprised of my name "Trista" and "taste", which represents my passion and my cooking style.

We specialize in sharing low-calorie recipes and video demonstrations for people who are calorie-conscious but still want to enjoy good food, which is consistent with our brand's core values: Healthy and Yummy

Recipe Videos



Japanese Beef Salad



Chinese Low-carb Sweet & Sour Chicken



Italian Keto Detox Soup

Recipe Articles



Avocado & Egg Toast



Cauliflower Fried "Rice"



Chicken & Green Bean Stir-Fry



Our History and Concept



Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nunc in tincidunt dui, et rutrum eros. Mauris malesuada sem vitae purus viverra rhoncus. Curabitur consectetur mauris sit amet ante iaculis, et porta ipsum tempor. Proin sed maximus sem. Morbi semper eros sit amet maximus cursus. Aenean feugiat massa sit amet nibh cursus mattis a sed erat. Fusce consequat facilisis metus. Sed non euismod elit.

Types of Diets



Pescatarian



Keto



Vegan



Vegetarian



Gluten-Free



Atkins

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Recipe Videos



Thai Papaya Salad



Vietnamese Rice Rolls



Taiwanese Egg Soup



Chinese Vegetarian Dumplings



Mexican Tortilla Wraps

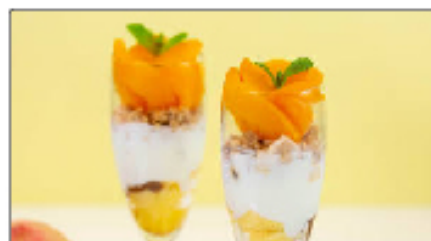


Japanese Pumpkin Miso Soup

Recipe Articles



Japanese Simmered Pumpkin



Peach Yoghurt Parfait



Red Wine Vinegar & Tomato Baghette



Fig Rice Rolls



Soy Milk Pudding



Fig & Cheese Penne Pasta



Healthy Food

[Vegetables](#)[Fruits](#)[Grain](#)[Dairy](#)[Meat](#)

CATEGORY		Count: 4	
Grain			
24	Brown rice	Rice is one of the most popular cereal grains and is currently a staple food for more than half ...	
25	Ezekiel bread	Ezekiel bread may be the healthiest bread you can buy. It's made from organic, sprouted whole...	
26	Homemade low-carb breads	Overall, the best choice for bread may be that which you can make yourself. Here's a list of 10...	
27	Oats	Oats are incredibly healthy. They are loaded with nutrients and powerful fibers called beta glu...	

Data table showing the names, photos and descriptions of healthy grain suggestions

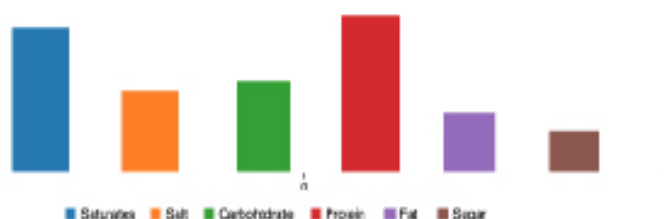
Fresh Markets in Hong Kong



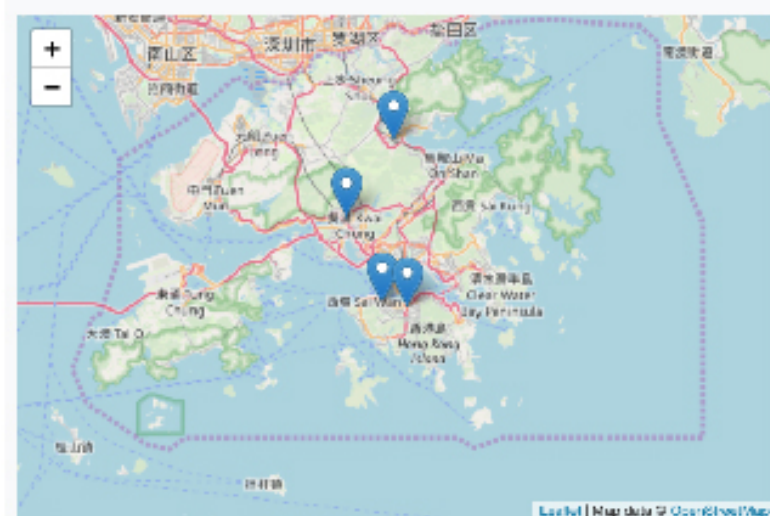
Daily Food Intake Suggestion

Chart

The following chart shows the maximum amount of daily nutrition intake (in gram).



Fresh Markets in Hong Kong



Market Map

These are the most famous fresh markets in Hong Kong, where you can buy healthy ingredients for home cooking.