

Vitamin E

DEFICIENCY

1. *Difficulty with walking*
2. *Muscle pain*
3. *Visual disturbances*
4. *General unwellness*
5. *Incoordination*

RECOMMENDED SUPPLEMENTS

1. Benvite vitamin E capsules
2. Covita vitamin E capsules
3. E-care vitamin E capsules
4. Natvie vitamin E capsules

SMOOTHIES

1. *Strawberry almond smoothie*
2. *Kiwi apple avocado smoothie*
3. *Mango kiwi carrot smoothie*
4. *Cabbage and almond smoothie*

**LUNCH/
DINNER**

1. Spinach and corn curry
2. Tomato rasam with rice
3. Methi oats roti
4. Orange tabbouleh

SNACKS

1. *Almond bread*
2. *Peanuts*
3. *Pine nuts*
4. *Hazelnuts*
5. *Avocados*

SALADS

1. *Green mango salad*
2. *Cherry tomato lettuce salad*
3. *Spinach lettuce and strawberry salad*
4. *Carrot, tomato and spinach salad*

