

Low Calorie Spice Kit



Price: \$38.00

SKU: SKU362841

Product Categories: [Spice Kits](#)

Product Page:

<https://www.herbies.com.au/shop/books-and-gifts/spice-kits/low-calorie-spice-kit>

Product Summary

Low Calorie Recipes using Herbie's Spices.

Product Description

Low Calorie Recipes using Herbie's Spices.

Contains: Lemon & Herb Pepper, Sumac, Ras el Hanout, Curry Powder Mild Madras, Greek Seasoning and Berbere Spice Mix with 13 delicious recipes for making;

Moroccan Carrot Soup, Cauliflower, Currant and Almond Cous Cous, Sumac Lamb Fillet with Tzatziki, Berebere Chicken, Baked Fish Parcel, Curried Red Lentil and Spinach Soup, Greek Salad, Herb and Salmon Omelette, Leek and Lemon Pepper Chicken Soup, Quinoa Kedgeree, Puy Lentil and Pomegranate Salad, Ratatouille, Berbere Mushrooms and Kale.

It's not necessary to be on any sort of diet to have a desire to eat more healthily, lose a little weight, feel fitter and more in control of your body. This dazzling array of varied recipes are bursting with freshness and will satisfy and nourish you. Enjoy - we are what we eat, so eat well!

It seems that many of you are exploring the 5/2 Diet. This involves two fasting days per week (maximum 500 calories or 2000 KJ) and five days of eating your usual fare.

To help you make your low-cal days enjoyable, we've put some fantastic ideas for meals into a Low Calorie Kit which will help you with fabulous healthy meal ideas whether you're on any kind of diet or not.

Calories calculated using myfitnesspal.com or caloriecount.com and rounded up to allow for spices.

Please note, chicken stock used for these recipes was made from stock cubes. Home-made stock may carry more calories.

Product Attributes

- Dimensions: N/A
- Weight: 0.43 kg