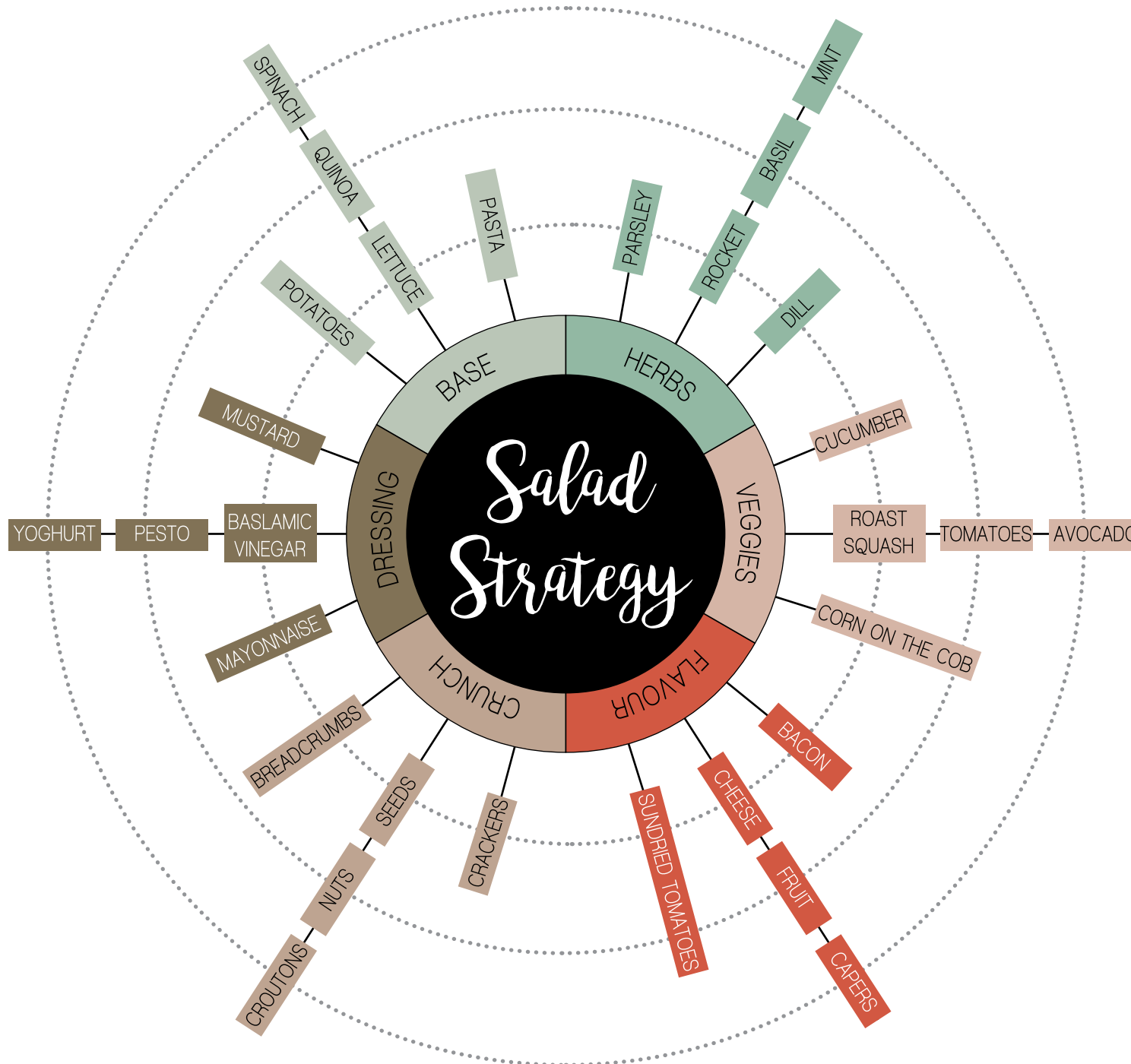




STORM CREATES



Create your own delicious salad in these six easy steps!

STEP 1: Choose your base.

STEP 2: Add some herbs.

STEP 3: Add some veggies to keep it healthy - try to use seasonal veggies to help the budget and try different methods of preparing them: steam, fry, roast, boil etc.

STEP 4: Add some flavour.

STEP 5: Add some crunch for texture.

STEP 6: Dress your salad with your favourite dressing.