

COLOUR YOUR DIET FOR A RAINBOW OF BENEFITS

Did you know? Our body benefits from variety and the most vibrantly coloured vegetables have the most nutrition. Take a quick break from your busy schedule and join us to discover a truly age-defying diet.

Let's outsmart your metabolism together!

BMF[®]
BELLA MARIE FRANCE



A RAINBOW OF HEALTH

5 CUPS • 5 COLOURS • EVERYDAY

PICKLED *White Onion*



INGREDIENTS

- 1 large white onion
- 1 clove of garlic
- 1 tbsp dried basil
- 1 tbsp dried bay leaf
- 1 tbsp sugar
- 1 tsp salt
- 200 ml white vinegar

1. Combine vinegar, sugar and salt in a small bowl, whisk together (mixture A).
2. In a mason jar, add onion rings.
3. Add garlic, dried basil and dried bay leaf.
4. Pour in mixture A, close lid and refrigerate for at least 8 hours before eating.

Recipe

DIY PICKLED VEGGIE



PICKLED *Cucumber*



INGREDIENTS
1 large cucumber
1 clove of garlic
1 tbsp dried basil
1 tbsp dried bay leaf
1 tbsp sugar
1 tsp salt
200 ml white vinegar

Recipe

1. Combine vinegar, sugar and salt in a small bowl, whisk together (mixture A).
2. In a mason jar, add cucumber stalks.
3. Add garlic, dried basil and dried bay leaf.
4. Pour in mixture A, close lid and refrigerate for at least 8 hours before eating.

PICKLED *Carrots*



INGREDIENTS
1 large carrot
1 clove of garlic
1 tbsp dried basil
1 tbsp dried bay leaf
1 tbsp sugar
1 tsp salt
200 ml white vinegar

Recipe

1. Combine vinegar, sugar and salt in a small bowl, whisk together (mixture A).
2. In a mason jar, add carrot stalks.
3. Add garlic, dried basil and dried bay leaf.
4. Pour in mixture A, close lid and refrigerate for at least 8 hours before eating.

PICKLED *Radish*



INGREDIENTS
1 large radish
1 clove of garlic
1 tbsp dried basil
1 tbsp dried bay leaf
1 tbsp sugar
1 tsp salt
200 ml white vinegar



Recipe

1. Combine vinegar, sugar and salt in a small bowl, whisk together (mixture A).
2. In a mason jar, add radish slices.
3. Add garlic, dried basil and dried bay leaf.
4. Pour in mixture A, close lid and refrigerate for at least 8 hours before eating.

PICKLED *Beetroot*



INGREDIENTS
1 large beetroot
1 clove of garlic
1 tbsp dried basil
1 tbsp dried bay leaf
1 tbsp sugar
1 tsp salt
200 ml white vinegar



Recipe

1. Combine vinegar, sugar and salt in a small bowl, whisk together (mixture A).
2. In a mason jar, add beetroot cubes.
3. Add garlic, dried basil and dried bay leaf.
4. Pour in mixture A, close lid and refrigerate for at least 8 hours before eating.