

Follow Me TO BE HEALTHY!



#400GCHALLENGE

IT'S TIME FOR A CELEBRATION FRENCH-STYLE!

On the 14th of July, France celebrates its national holiday – Bastille Day! It's a public holiday, usually an excuse to enjoy the summer weather and a nice picnic – all good opportunities to take on the 400g Challenge!

To celebrate, how about making a healthy fruity tricolore recipe: bleu, blanc, rouge et délicieux!

BLUEBERRIES

BLUE FRUIT AND VEG ARE HARD TO COME BY, LET'S SETTLE ON BLUEBERRIES FOR OUR FIRST COLOUR! THEY ARE A SOURCE OF VITAMIN K1, WHICH HELPS BLOOD CIRCULATION.¹



STRAWBERRIES

FOR RED, THERE'S MANY OPTIONS, OPT FOR STRAWBERRIES AS A SOURCE OF FOLATES, WHICH HELP REDUCE FATIGUE.²

High in fibre, **COCONUT** will brighten this salad!

ENJOY
IT'S FROM
EUROPE

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.



CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION

¹ https://www.aprifel.com/fr/fiche-nutritionnelle/myrtille/?tab=allegations_nutritionnelles
² https://www.aprifel.com/fr/fiche-nutritionnelle/fraise/?tab=allegations_nutritionnelles