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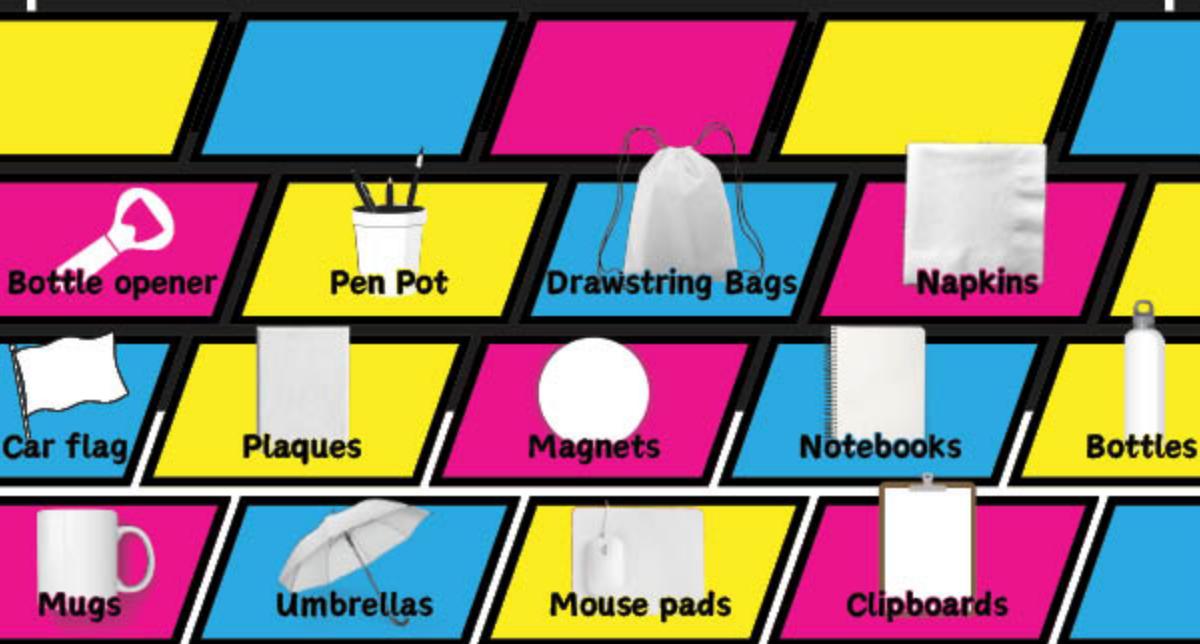
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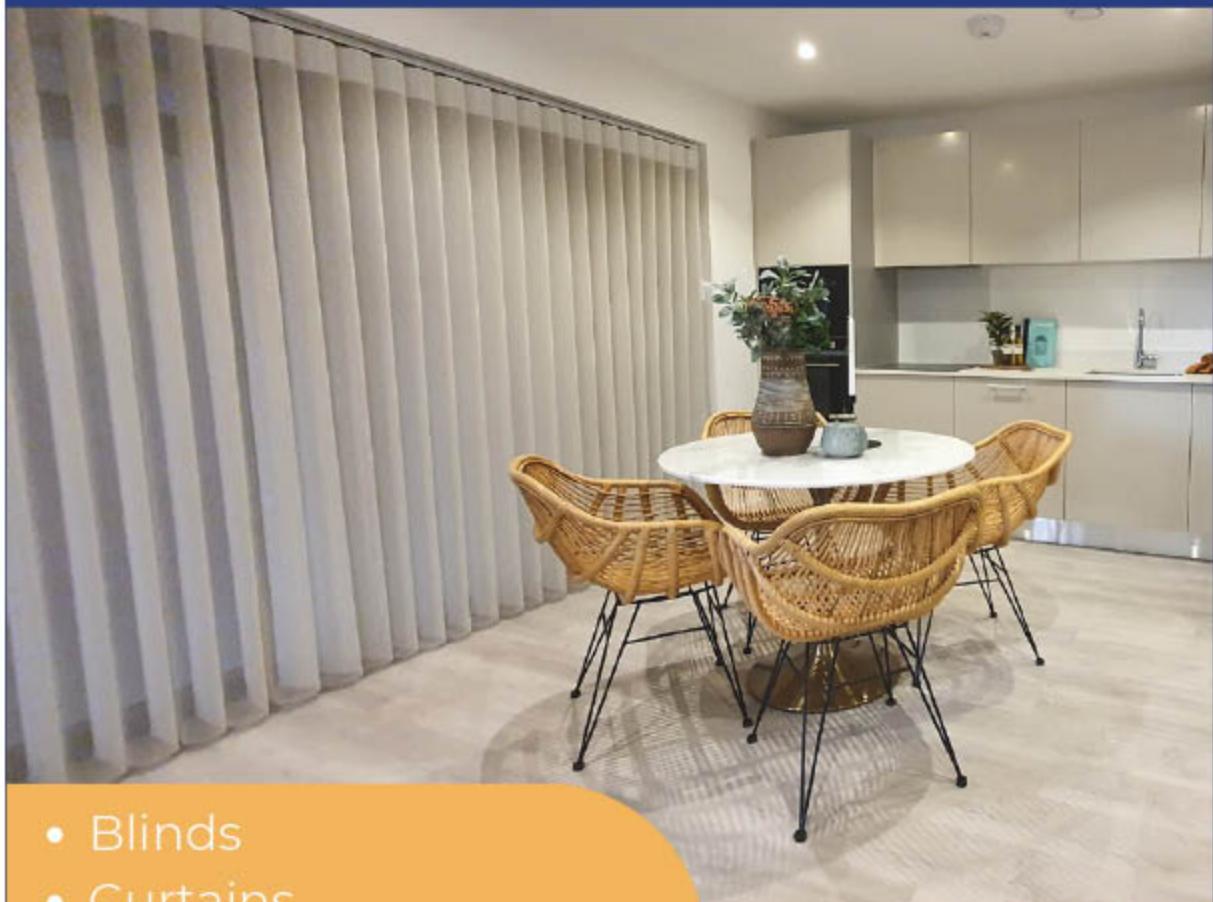
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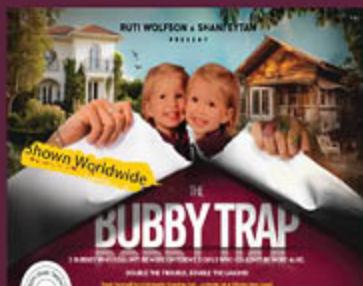
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Yr 2-6, 2-3:30PM, Boys 12.30-1.30PM
Members Free, non-members £3

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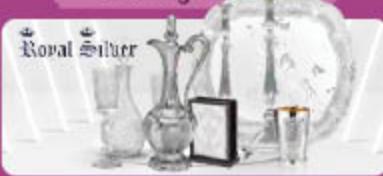


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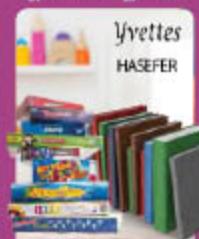
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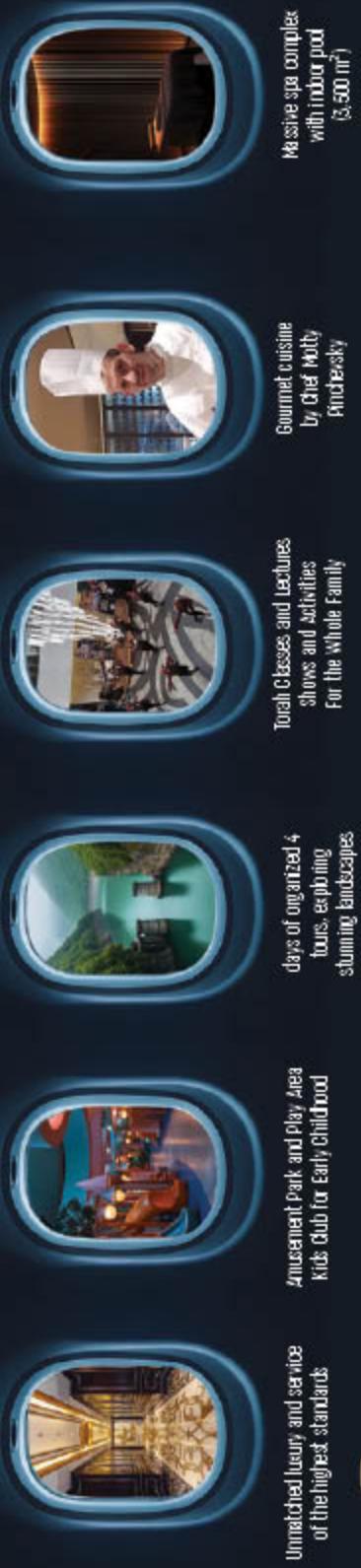


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1

ליינט אוין אויעץ משפחה



SCHEDULE

SUN	MON	TUE	WED	THURS	FRI	MOTZEI
10:00 SHRED	6:30 WORKOUT WITH TAMAR	09:30 H SPIN	06:30 BOXING + TONE	9:45 CIRCUIT	06:30 CIRCUIT	19:30 H SPIN
19:30 TEENS BOOT CAMP	09:30 PUMP IT UP	10:30 PILATES	09:30 SHRED	11:00 PILATES	9:30 BURN	20:30 H SPIN
10:30 SHRED	11:30 BUMPS + BABES	20:15 BURN	19:30 TEENS BOOT CAMP	10:30 PUMP IT UP		
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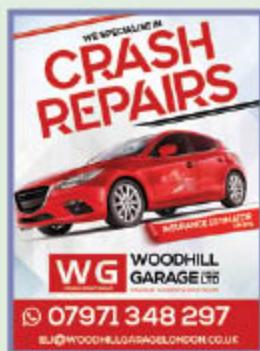


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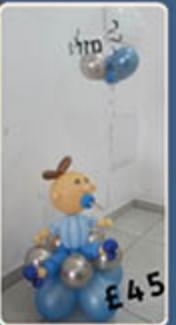
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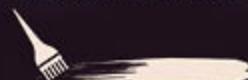
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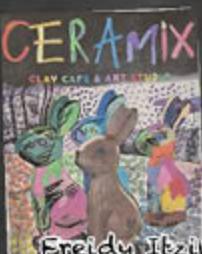
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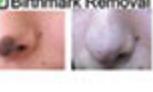
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Recipe

THE MAIN EVENT

Grilled Salmon & Baby Potatoes on a bed of Greens & Barley

PAIRS



Yields 4-6
Portions



45 Minutes

Ingredients:

1 whole side of salmon fillet (around 1kg), with skin removed

1kg baby potatoes, washed and cut in halves

8 cups mixed greens

250g cooked barley (or brown rice)

1 head of garlic

6 tablespoons olive oil divided

½ teaspoon dried rosemary

½ teaspoon salt

¼ teaspoon black pepper

3 tablespoons low sodium soy sauce

½ teaspoon dried mixed herbs

A third of a cup of balsamic vinegar

Salt & pepper, to taste

Balsamic glaze – for drizzling

Method:

For the salmon:

Heat oven to 200°C.

Toss baby potatoes with 2 tablespoons olive oil, rosemary, salt and black pepper. Cut a 1/4 off the head of garlic horizontally, and wrap it in foil. Place potatoes and garlic on a parchment lined baking tray and roast in the oven for 40 minutes. Coat the salmon with 2 tablespoons olive oil, soy sauce, dried mixed herbs and pepper. Place on another parchment lined baking sheet and place in the oven 20 minutes before the potatoes are ready. Roast salmon for 18-20 minutes.

For the dressing:

Blend together the balsamic vinegar, remaining 2 tablespoons olive oil, salt and pepper, and squeezed out roasted garlic. If too thick add a bit of water.

Complete the dish:

Combine a few tablespoons of dressing with the cooked barley, and the rest with the mixed greens. Arrange greens on a platter. Sprinkle the barley over the greens. With a large spatula place the salmon on the greens and barley and place the baby potatoes all the way around the salmon. Drizzle balsamic vinegar over the salmon to decorate.

Variation:

You can also decorate with pomegranate seeds, flaked almonds or chopped spring onion

Michelle's two books, *The Food Effect Diet* and *The Food Effect Diet Vegan* are both packed full of advice and recipes to help you 'eat more, weigh less, look & feel better'.

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ען יוסי	ען יוסי	4.10
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SAGE	SAGE	ברת יוסי, ברת דוד
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ברת יוסי, ברת, ג'ון	ברת יוסי, ברת, ג'ון	ברת יוסי, ברת דוד
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23 Green Walk	23 Green Walk	ברת יוסי, ברת דוד
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