

Day 8

- 200g prawns (yields approx 100g shelled and deveined - save heads and shells for fish stock)
- 1 whole white fish, skin removed and filleted (yields 2-4 100g portions - save head and bones for fish stock)
- iceberg lettuce
- 1 cucumber
- 1 bunch scallion/shallots
- 1 bunch parsley
- 1 bunch mint
- 1 bunch chives
- 1 box tea bags
- ginger knob
- cinnamon powder
- clove powder
- Braggs Liquid Aminos (wheat-free soy sauce substitute)
- 1 punnet strawberries
- 1 apple



*here's to the
Skinny in You
from Skinny-World*