**Recipe name:  
Number of serves:**

**Developed:**

**Date of next review:**

|  |  |  |
| --- | --- | --- |
| **Ingredients** | **Quantity** | ***Notes*** |
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| **Method** |
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| **Serving Instructions** |
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| **Modifications for food allergies and intolerances** |
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| **Notes** |
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**Recipe Photo:**

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| **Food group** | **Serves per recipe** | ***Notes*** |
| Vegetables and legumes |  |  |
| Fruit |  |  |
| Grains |  |  |
| Lean meat, poultry, fish, eggs, tofu, nuts & seeds |  |  |
| Milk, yoghurt, cheese |  |  |
| Unsaturated fats and oils |  |  |