



FREE  
3 Day  
Anti-Bloating  
Menu!!



## Supercharged Coleslaw

- 3 carrots, peeled & grated
  - ½ medium red cabbage, shredded
  - ¼ tsp. coconut sugar\*
  - 2 tbsp. apple cider vinegar
  - 1 tsp. Dijon mustard
  - 4 tbsp. [Primal Mayonnaise](#)
  - 1 apple, peeled, cored and grated
  - 1 cup (115g) cheddar, grated
  - salt and pepper
1. Coarsely grate the carrots and finely shred the cabbage and transfer into a large bowl.
  2. Season with salt, then add the sugar\* and vinegar and mix everything together.
  3. Leave to stand for 20 minutes.
  4. Add in the grated apple and cheese.
  5. Then stir in the mustard and mayonnaise mixing well until combined.
  6. Season to taste with salt and pepper and serve immediately.

\*this is optional, especially if you are watching your waistline, as any foods which raise your blood sugar will stop any Fat Burning in it's tracks for a number of hours!!



Serves 6



Prep 20 mins / Cook 0 min



Cals 191  
Fat 14g  
Carbs 13g  
Protein 6g

\* This ingredient is gut friendly, but minimise the use during any weight loss phase due to it's possible affect on blood sugar, which will then stop Fat Burning in it's tracks for a number of hours. Just omit it, or perhaps use an alternative. Nutritional content is per serving.