

# Vector Diet - Vegetarian



## Avocado Sweet Surprise.

You will need: Fat Free Goats Milk Yogurt, Cottage Cheese with Chives, 1 medium Avocado, 1 sweet Apple.



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STEP

01

THE  
VECTOR  
DIET  
PLAN



FAVOURITE CHOICE  
VECTORDIET Plus+



# Vector Diet - Vegetarian



## Avocado Sweet Surprise.

*Cut around the Avacado pivoting on the nut inside, then twist both halves & seperate them as shown below.* ♥♥♥♥♥♥♥♥



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STEP

02

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## Avocado Sweet Surprise.

*Take out the nut then peel both halves of the Avocado discarding the skin & nut shown below.*



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STEP

03

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# Vector Diet - Vegetarian



## Avocado Sweet Surprise.

*Slice both halves of the Avocado into cubes approximately 1/2 inch square like shown below.*



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STEP

04

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# Vector Diet - Vegetarian



## Avocado Sweet Surprise.

*Slice both halves of the Avocado into cubes approximately 1/2 inch square like shown below.*



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STEP

05

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# Vector Diet - Vegetarian



## Avocado Sweet Surprise.

*Place the cubed Advocado into a large jug like shown below.  
Now it's time for the Goats Milk Yogurt.*



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STEP

06

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# Vector Diet - Vegetarian



## Avocado Sweet Surprise.

*Add two desertspoons of Goats Milk Yogurt into the jug and gently turn with a fork to mix.*



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STEP

07

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# Vector Diet - Vegetarian



## Avocado Sweet Surprise.

*Add two heaped desertspoons of quality Cottage cheese with chives into the jug and gently stir.*



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STEP

08

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# Vector Diet - Vegetarian



Avocado Sweet Surprise.

*Take the core out of the apple. Do not peel it.*

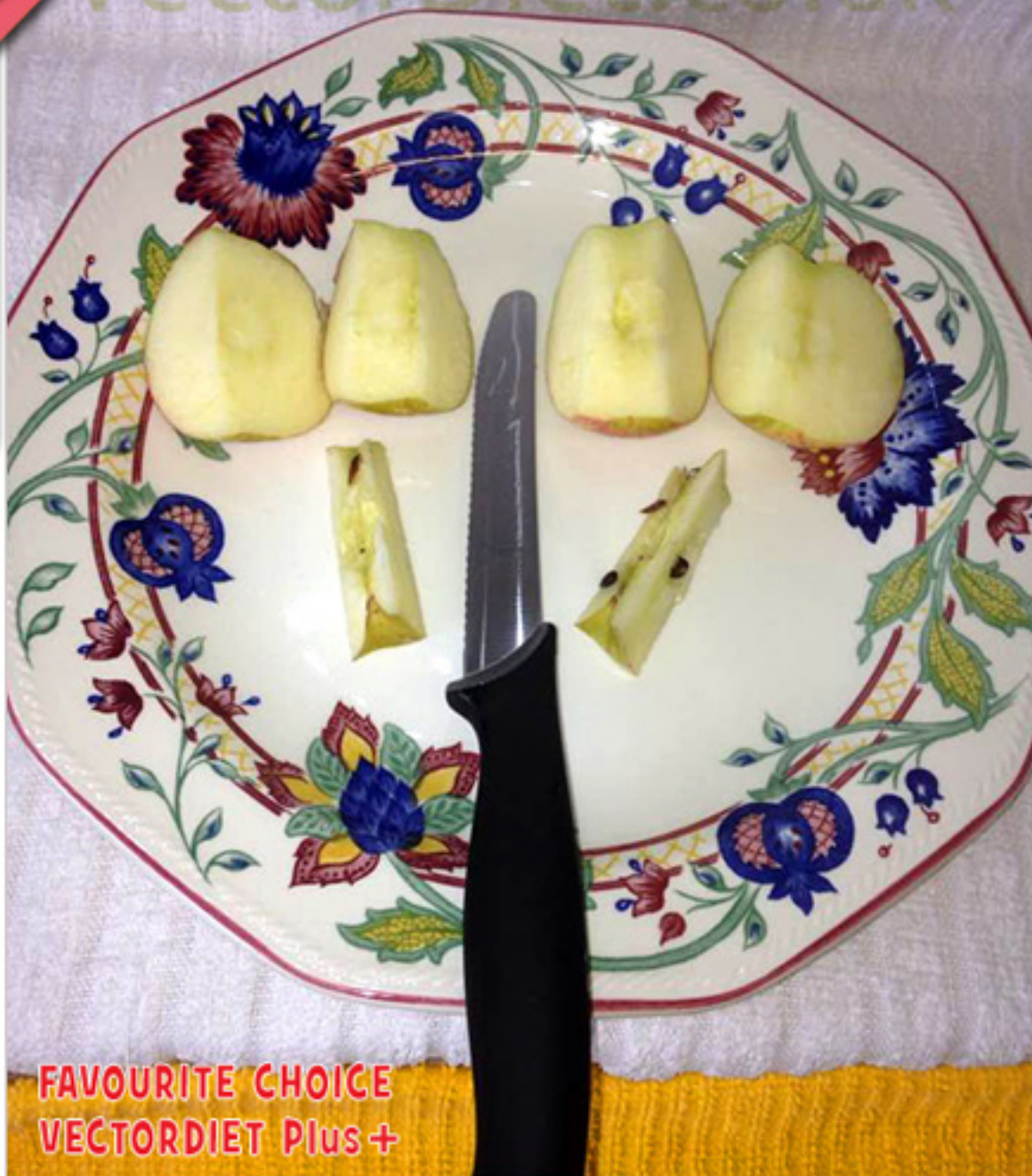


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STEP

09

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# Vector Diet - Vegetarian



## Avocado Sweet Surprise.

Dice the apple into 1/2 inch cubes or smaller. Add to the jug and mix in gently with the other ingredients.

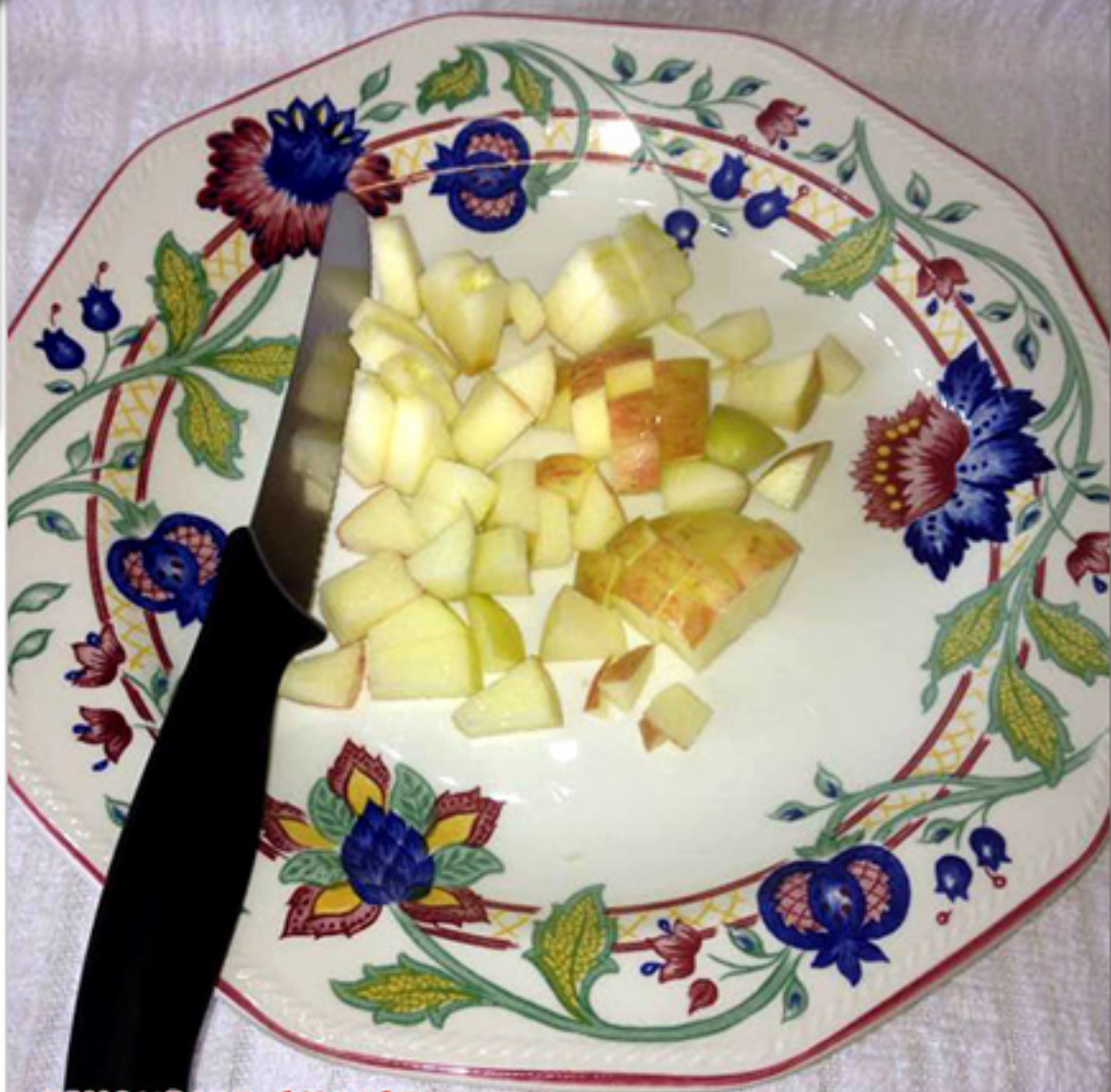


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STEP

10

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# Vector Diet - Vegetarian



## Avocado Sweet Surprise.

*When you have gently turned the mixture over a few times it will be ready for tipping out.*



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STEP

11

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# Vector Diet - Vegetarian



## Avocado Sweet Surprise.

*Tip the mixture out into a serving bowl and chill in the fridge for one hour before serving - ENJOY.*



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STEP

12

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VECTOR  
DIET  
PLAN



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