

Figure 1. Flowchart of method of preparing frozen ready-to-eat low carbohydrate meal

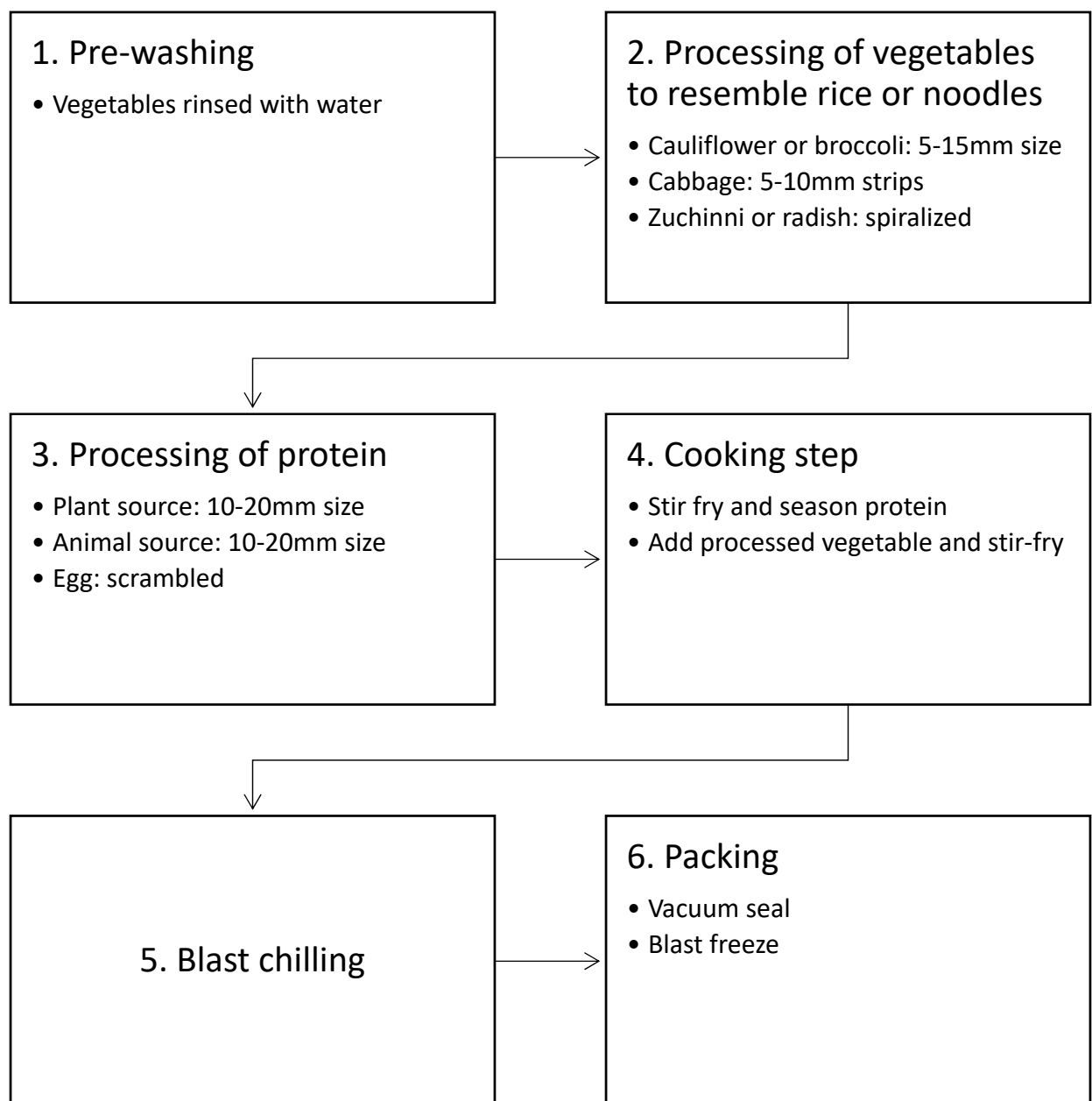


Figure 2. Figure of cauliflower/broccoli after processing to 5-15mm size



Figure 3. Figure of cabbage after processing to 5-10mm strips



Figure 4. Figure of zucchini/radish after processing to spirals

