

FOOD

HEALTH

FASHION

GIVEAWAYS

ASDA

FREE

magazine

JANUARY 2015

Brighten up winter

* 40+ quick, easy recipes with a light touch

* Curries from around the world

* Beautiful breakfasts



COD & PRAWN LAKSA

The feelgood ISSUE

LET'S KICK-START THE NEW YEAR!

Feel free to tempt your taste buds.

365/87
kJ kcal
PER PACK

Win a No.1 Boot Camp
Ibiza Experience
plus over 1,000 runner-up prizes.

Velvet Crunch are offering you the chance to win a No.1 Boot Camp experience, one of 35 Personal Trainer sessions or one of 1,000 free samples.

To enter simply visit ASDA.com/win and complete all fields of the online entry form before midnight on 06/02/15.

Good luck!



YES! to exquisite taste.
NO! to compromise.

Available in selected stores only, while stocks last.

Prize draw open to UK residents aged 18+. Promotion is limited to one entry per person. No purchase necessary. Enter at www.asda.com/win between 00:01 on 01/01/2015 and 23:59 on 06/02/2015. Prizes include 1 x No.1 Boot Camp Ibiza experience, 35 x Personal Trainer sessions and 1,000 x Try Me Free Asda coupons for a free 6 x 20g multipack of Velvet Crunch. For full Terms and Conditions visit www.asda.com/win