twist & shake!

Tupperware®

twist
&shake!

1

15 g

x1

x 1/2

2

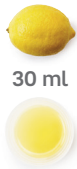
3

90 ml

50 ml

60 ml

1



2

3

1

2

3

1

x 1/2

2

3

50 ml

50 ml

30 ml

5 ml

curry

50 ml

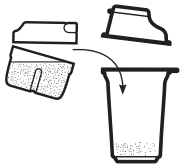
1

x2

2

100 g

3



4

150 ml

5 ml

1

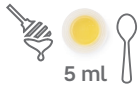
x1

160 g

2

3

40 ml



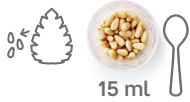
5 ml

5 ml

40 ml

1

25 g



15 ml

2

75 ml

30 ml

1

100 g

2

3

30 ml

15 ml

15 ml

150 g

1

2

3

1

100 g

5 ml

x2

2

15 ml

1

120 g

x 1/2

2

15 ml

5 ml

醬

15 ml

1

x10

x1

2

x1
(125 g)

70 g

1

125 g

2

3

50 ml

25 g

150 g

1

100 g

15 ml

2

3

200 ml

twist
&shake!

63FLFL12470

Tupperware®

CUTOUT
FRONT PAGES (ODD)

CUTOUT
FRONT PAGES (EVEN)