

# DAY 8

## BREAKFAST

### Quinoa Porridge

120g quinoa flakes, cooked (1 cup)  
250mL low fat milk (1 cup)  
1 medium banana  
1 tsp honey

## SNACK

### Nutty Apple

1 apple sliced  
10g almond butter

## LUNCH

### Turkey Roll

1 medium wholemeal roll  
80g roast turkey, sliced  
40g cheddar cheese, grated  
1 boiled egg, sliced  
1 small carrot, grated (1/2 cup)  
1 small beetroot, grated (1/2 cup)  
Handful bean sprouts (1 cup)

## SNACK

### Vegetable Soldiers & Homemade Hummus (see page 88)

1 red capsicum, sliced into strips (1 cup)  
100g oil-free hummus (1/2 cup)

## DINNER

### Chicken Yiros with Homemade Tzatziki (see page 80 & 87)

1 wholemeal wrap  
80g chicken, cooked  
10g olive oil  
100g homemade tzatziki  
1/2 medium tomato, sliced  
1/2 red onion, sliced (1/4 cup)  
Small handful of lettuce leaves (1/2 cup)



# Kalya Istines Help Guide

**Sabine Zange**



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