

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

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