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 capscium, 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)



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O García



Embracing the Song of Phrase: An Mental Symphony within Kalya Istines Help Guide

In a world taken by displays and the ceaseless chatter of instant transmission, the melodic elegance and mental symphony produced by the prepared term usually diminish into the back ground, eclipsed by the constant sound and disturbances that permeate our lives. Nevertheless, located within the pages of **Kalya Istines Help Guide** an enchanting literary value overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that fascinating masterpiece conducts visitors on an emotional trip, well unraveling the hidden melodies and profound affect resonating within each carefully crafted phrase. Within the depths of this touching review, we shall discover the book is key harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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