

## **BREAKFAST:** BREAKFAST SANDWICH

- 1 poached egg
- 2 pieces rye bread
- 1 cup spinach, tomato and mushroom

## **SNACK**

- 2 cups chopped mixed fruit salad
- 200g low fat yoghurt

## **LUNCH:** TURKEY WRAP

- 80g turkey
- 2 cups green salad/tomato/cucumber/carrot
- 1 wholemeal wrap

## **SNACK**

- 1 regular macchiato
- 10g almonds

## **DINNER**

- 80g grilled chicken
- 2 cups salad
- 40g low fat feta
- ½ cup cooked quinoa
- 1½ tsp olive oil



# Kayla Itsines Sample Meal Plan

**Emilie Sanchez**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name Emilie Sanchez.

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