

DAY 1

BREAKFAST

Eggs on Toast

2 slices dark rye bread, toasted
1 egg, poached
25g avocado, smashed

SNACK

Cinnamon Apple & Yoghurt

200g greek yoghurt
1 apple, grated
Cinammon, to taste

LUNCH

Turkey & Quinoa Salad

40g turkey
1/2 small cucumber (1/2 cup)
Small handful of baby spinach leaves
(1/2 cup)
180g quinoa, cooked (1 cup)
100g low fat greek yoghurt

SNACK

2 stalks celery, chopped
10g peanut butter

1 medium pear

DINNER

Enchiladas (see page 73)

1 wholemeal wrap
120g chicken, cooked
1/4 red capsicum (1/4 cup)
1/2 red onion (1/4 cup)
3/4 shallot, chopped (1/2 cup)
200g crushed tomatoes
40g cheddar cheese, grated
1 medium tomato, diced



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Camilla Rothe



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