

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

Rachel S Tattersall



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