

A DAY ON MY PLATE - KAYLA ITSINES

BREAKFAST

Poached Eggs with Avocado & Tomato

2 slices rye bread, toasted
1 large egg, poached
1/2 medium tomato, sliced
25g avocado, sliced

SNACK

"Strawberries & Cream" Smoothie

160g strawberries, fresh or frozen
250mL low-fat milk
150g low-fat yoghurt
1 scoop protein powder, vanilla flavoured

LUNCH

Turkey "Yiros Style" Wrap

1 wholemeal wrap
80g cooked turkey, sliced
1/2 medium tomato, sliced
1/4 red onion, sliced
Small handful of lettuce leaves (~1/2 cup)
50g homemade tzaziki

SNACK

Vegetable Soldiers & Minted Yoghurt

1 stalk celery, sliced
1/2 medium carrot, sliced
100g low-fat yoghurt mixed with 2-3 mint leaves, chopped

DINNER

Salmon with Orange, Fennel & Beetroot Salad

100g salmon fillet, cooked
1 orange, peeled and segmented
1/4 red onion, sliced
1 small fennel bulb, sliced
1 medium beetroot, roasted
Handful of rocket leaves (~1 cup)
10g walnuts
90g cooked brown rice
Dressing: 1/4 tsp Dijon mustard, 1 tsp red wine vinegar, dill and chives, to taste



Kayla Istin's Nutrition Guide

Joacim Rocklöv



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