# 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 bulk, sliced

1 medium beetroot, roasted

Handful of rocket leaves (~1 cup)

10g walnuts

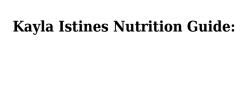
90g cooked brown rice

Dressing: 1/4 tsp Dijon mustard, 1 tsp red wine vinegar, dill and chives, to taste



# **Kayla Istines Nutrition Guide**

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