

# DAY 14

## BREAKFAST

### Peanut Butter & Banana on Toast

2 slices wholemeal bread, toasted  
2 tsp peanut butter  
1 medium banana  
1 tsp honey, to drizzle  
½ tsp cacao powder, to dust (optional)

### Protein Shake

250ml low-fat milk  
1 scoop protein powder (optional)

## SNACK

### Almonds

10g almonds

### Yoghurt

200g low-fat plain yoghurt

## LUNCH

### Chicken, Pumpkin & Quinoa Salad

180g cooked quinoa  
80g cooked chicken breast, sliced  
120g pumpkin, peeled and cubed  
¼ medium red capsicum, diced  
75g chickpeas, drained and rinsed  
½ medium cucumber, chopped  
Fresh coriander, lemon

## SNACK

### Hardboiled Egg

1 large egg, hardboiled

### Apple

1 medium apple

## DINNER

### Homemade Beef Burger

¼ small brown onion  
65g cooked lean beef steak  
1 medium wholemeal roll  
20g low-fat cheddar cheese  
1 medium tomato  
½ medium cucumber, sliced  
1 large handful lettuce leaves



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