

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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Hussin A.Rothana

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