

# A DAY ON MY PLATE - KAYLA ITSINES

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## 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

**Anthony S. Fauci**



## **Kayla Istines Nutrition Guide:**

Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Kayla Istines Nutrition Guide** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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