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

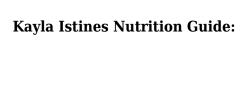
90g cooked brown rice

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



Kayla Istines Nutrition Guide

Anthony S. Fauci



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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