

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 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

J Elliott



Kayla Istines Nutrition Guide:

Whispering the Techniques of Language: An Psychological Journey through **Kayla Istines Nutrition Guide**

In a digitally-driven world wherever screens reign great and quick connection drowns out the subtleties of language, the profound techniques and emotional nuances hidden within words usually get unheard. Yet, set within the pages of **Kayla Istines Nutrition Guide** a fascinating fictional treasure sporting with raw emotions, lies an extraordinary quest waiting to be undertaken. Written by an experienced wordsmith, that enchanting opus attracts readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the very fabric of each word. Within the psychological depths of this moving review, we shall embark upon a heartfelt exploration of the book is key styles, dissect its fascinating publishing fashion, and fail to the effective resonance it evokes deep within the recesses of readers hearts.

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