

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



Kayla Itsines Sample Meal Plan

Daniel F McAuley

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