

Calcium - Meal Plan

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Recipe!



Breakfast



Banana Berry Porridge

This breakfast combines creamy oats with bananas & berries, creating a comforting bo...

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392mg

Lunch



Scrambled Egg & Cheese Toastie

This hearty and easy-to-make recipe can be customised by adding things like bacon,...

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354mg

Snack



Pro Espresso Pudding

Coffee lovers, you've got to try this one! Make your own protein yoghurt with a shot of coffe...

daveynutrition.com

435mg

Dinner



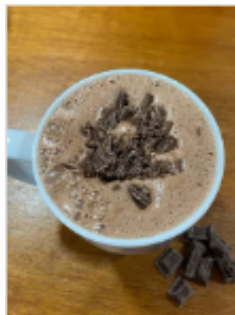
Creamy Salmon Mega Mix

This salmon pasta is simple to make, tastes great and is nutrient-packed. The fresh taste...

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110mg

Snack



Dark Hot Chocolate

Indulge in our homemade hot chocolate as the cold nights draw in. Top it with whipped crea...

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320mg

Total = 1611mg