

Folate - Meal Plan

Click for
Recipe!



Breakfast



Spinach & Ham Omelette

This simple and tasty breakfast or brunch option can be made in minut...

daveynutrition.com

180microg

Lunch



Fuel up Banana Pancakes

These pancakes are high in carbohydrates and the caramelised banana adds another level ...

daveynutrition.com

60microg

Snack



Ancient Grain Mixed Seed Salad

This salad is packed with flavour and works well as a side dish to a main...

daveynutrition.com

123microg

Dinner



Chickpea & Lentil Curry

Chickpea lentil curry is a dish everyone can appreciate and enjoy. It is one of my main go...

daveynutrition.com

60microg

Pregnant = supplementation recommended

Total = 423microg