Click for Recipe!

Iron - Meal plan

Breakfast



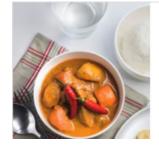
Turkey Sausage & Egg Bagel

This bagel offers a balanced blend of lean protein, coupled with carbohydrates from th...

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3.8mg

<u>Lunch</u>



Thai Red Chicken Curry

Thai curry is a wonderful dish for both taste and nutritional value. They tend to be more soup-like compared to thicker, Indian curries.

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4.9mg

Snack



Sweet Potato Crisps

A healthy, vegan crisp recipe that can be shared with friends and family. You can serve...

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2.2mg

Dinner



One-pot Chilli

A tasty chilli con carne using Irish beef, balsamic vinegar, Worcestershire sauce and...

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5mg

Snack



4 Ingredient Bran Bark

The crunch of the flakes & nuts with the soft cranberries ensures there's texture in every...

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1.6mg



Total = 17.5mg