

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...
daveynutrition.com

3.8mg

Lunch



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.

daveynutrition / Mar 1, 2019

4.9mg

Snack



Sweet Potato Crisps

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

2.2mg

Dinner



One-pot Chilli

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

5mg

Snack



4 Ingredient Bran Bark

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

1.6mg

Total = 17.5mg