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Recipe!



Meal Plan - Niacin (B3)

Breakfast



Protein Pancakes

These perfect protein pancakes are sweet, fluffy and will be sure to keep you energised...

daveynutrition.com

6mg

Lunch



Creamy Chicken & Pesto Wrap

This creamy, cheesy and simple wrap is a perfect high protein lunch option for busy...

daveynutrition.com

19.4mg

Snack



Protein Balls

Looking for a snack that hits the spot every time...first step: melt your chocolate! These...

daveynutrition.com

1.5mg

Dinner



Loaded Nachos

These loaded nachos are a crowd-pleasing, mouth watering recipe that's perfect for...

daveynutrition.com

9.1mg

Snack



Date and Pecan Crumble

An apple berry crumble with a twist. This is a nice way to change up the classic recipe whil...

daveynutrition.com

0.9934mg

Total = 36.9mg