

# Omega-3 FA - Meal Plan

Click for  
Recipe!



Breakfast



## Raspberry Chia Pudding

A raspberry ripple pudding for breakfast? Ok then! This vegan pudding will be sure to...

[daveynutrition.com](#)

4.9g

Lunch



## Scrambled Egg & Salmon Bagel

This recipe will jazz up your usual scrambled eggs into a tasty loaded bagel, with stringy...

[daveynutrition.com](#)

1.8g

Snack



## Daniel's Chocolate Balls

This easy, no-bake recipe makes a quick and irresistible snack for any chocolate and pean...

[daveynutrition.com](#)

0.5g

Dinner



## Tuna Pasta Bake

This Tuna Pasta Bake used to be a go-to recipe when I was in college because it was so easy...

[daveynutrition.com](#)

0.15g

Snack



## Cranberry Chocolate Cookies

Soft oat cookies with dried cranberries & dark chocolate. These are the perfect snack for...

[daveynutrition.com](#)

0.7g

**Total =  
22.9g/2290mg**