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recipe! 

Potassium - Meal Plan

Breakfast



Fuel up Banana Pancakes

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

daveynutrition.com

681mg

Lunch



Vietnamese Spring Rolls

This Vietnamese dish is the perfect lunch for those days where you need something quick...

daveynutrition.com

182mg

Snack



Banana Bites

This recipe will satisfy your sweet tooth & provide slow releasing energy in the form of...

daveynutrition.com

512mg

Dinner



Spicy Mince Bonanza

This recipe combines potatoes, vegetables and a spicy mince to create an excellent recover...

daveynutrition.com

2,820mg

Snack



Vanilla Baked Oats

If you're bored with your regular oats, this recipe will solve your problems. The crispy...

daveynutrition.com

178mg

Total = 4,373mg