

Click for
Recipe! 

Meal Plan - Riboflavin (B2)

Breakfast



Cottage Cheese Pancakes

You cannot go wrong with these pancakes! These fudgy and soft pancakes are quick an...

daveynutrition.com

0.2986mg

Lunch



Chickpea and Lentil Curry

A rich and vibrant chickpea and lentil curry. Vegan and gluten-free. Ready in under 45...

daveynutrition.com

0.4798mg

Snack



Smoothie Breakfast Bowl

This is a great way to change it up in the mornings or have as a snack pre or post...

daveynutrition.com

0.303mg

Dinner



Tuscan Cod and Chorizo

A creamy sauce with a hint of spice from the chorizo with cod fillets on a bed of rice. A rea...

daveynutrition.com

0.7646mg

Snack



Frozen PB Cup Yoghurt

When enjoyed cold, the contrasting textures & flavours of the peanut butter yoghurt & crisp...

daveynutrition.com

0.589mg

Total = 2.435mg