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Recipe! 

Meal Plan - Thiamine (B1)

Breakfast



Breakfast Crumble

This heart-warming breakfast crumble is the perfect way to heat yourself up on these coo...

daveynutrition.com

0.0843mg

Lunch



Sweet & Spicy Summer Salad

This salad has it all! A mix of sweet and spice and all things nice, it is an easy & tasty recip...

daveynutrition.com

0.2591mg

Snack



Cranberry and Pecan Granola

Brought to life by dried cranberries, orange zest & toasted nuts & with a long shelf life,...

daveynutrition.com

0.2829mg

Dinner



Honey Mustard Chicken

This dish offers a delightful balance of flavours, with the honey adding sweetness &...

daveynutrition.com

0.251mg

Snack



Hazelnut Chocolate Bombs

These bite size, fudgy energy balls are a great treat to enjoy at home or on the go. I bet yo...

daveynutrition.com

0.2064mg

Total = 1.0837mg