

# Vitamin A - Meal Plan

Click for  
Recipe!



Breakfast



## Spinach & Ham Omelette

This simple and tasty breakfast or brunch option can be made in minut...

[daveynutrition.com](https://daveynutrition.com)

295ug

Lunch



## PB & Banana Toast

Satisfy your sweet tooth & get slow releasing energy from carbohydrates to correctly fuel...

[daveynutrition.com](https://daveynutrition.com)

4.2ug

Snack



## Recovery Smoothie

A satisfying smoothie that will support your recovery and immune system following an...

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377ug

Dinner



## Sweet Potato Seafood Chowder

One for all the seafood lovers out there! Fish provides a good source of...

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1417ug

Snack



## Chocolate Chip Pumpkin Cookies

These cookies are a great way of using up your pumpkin this halloween! Enjoy with a c...

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48ug

**Total = 2141.2ug**