

Vitamin C - Meal Plan

Click for
Recipe!



Breakfast



Strawberry Protein Cheesecake

This protein-packed cheesecake offers a nutritious twist on the classic, ensuring a...

daveynutrition.com

93mg

Lunch



Scrambled Egg & Salmon Bagel

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

daveynutrition.com

32mg

Snack



No Bake Balls

These are a simple & nutritious treat that require no baking. They're a convenient &...

daveynutrition.com

1mg

Dinner



Meatballs & Pasta

A real comfort dish, this recipe makes for a great meal to have on training days, especia...

daveynutrition.com

106mg

Snack



Eaton Mess

This airy and refreshing low-calorie snack is perfect for satisfying that sweet tooth while...

daveynutrition.com

32mg

Total = 262mg