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# Vitamin D - Meal Plan

Breakfast



## Roast Broccoli Frittata

This is a better of a meal that can be enjoyed any time of the day. Add some more veg to bump up the fibre content.

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1.3microg

Lunch



## Creamy Salmon Mega Mix

This salmon pasta is simple to make, tastes great and is nutrient-packed. The fresh taste...

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4.7microg

Snacks



## Blueberry Banana Bread

This recipe will give you a delicious, sweet, nutritious, high protein banan...

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1microg

Dinner



## Smoked Salmon & Feta Pesto Pasta Salad

A tasty dish using fresh pesto, cucumber and...

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9microg

Snacks



## Eaton Mess

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

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0.2microg

**Total = 16.2microg**