

Meal Plan - Vitamin E

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recipe! 

Breakfast



Cinnamon Apple & Walnut Porridge

This warm & comforting bowl of porridge infused with sweet cinnamon, apple chunks ...

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4.8mg

Lunch



Loaded Sweet Potato Taco Chips

A ridiculously tasty take on the popular take away dish! This is a recipe that all the family...

daveynutrition.com

2.6mg

Snack



Banana Walnut Bakes

This is a great snack to have between meetings, before training or simply with a cup of tea in the afternoon.

 [daveynutrition](https://daveynutrition.com) / Mar 8, 2021

0.396mg

Dinner



Potato & Chickpea curry

This is a complete nutritious meal packed with colour and flavour. It is a quick and easy me...

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1.1mg

Snack



Chocolate Nut Melts

With a blend of nuts, seeds and peanut butter folded together in melted...

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3.4mg

Total= 12.296mg