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Recipe! 

Vitamin K - Meal Plan

Breakfast



Strawberry Protein Cheesecake

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

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5.1ug

Lunch



Parmesan Chicken and Pear Salad

This salad is brought to life by the sweet balsamic dressing & soft pear slices. It'll...

daveynutrition.com

111ug

Snack



Sticky Mango & Broccoli Salad

This vibrant and refreshing dish combines the sweetness of mango with the crispness of...

daveynutrition.com

191ug

Dinner



10-minute Cream Cheese Pasta

This creamy pasta goes perfect with the saltiness of the bacon and flavours from the...

daveynutrition.com

118ug

Snack



Classic Veg Soup

This nutrient-rich blend of different vegetables is made creamier by the Greek yoghurt,...

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9.2ug