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# Zinc - Meal Plan

Breakfast



## Breakfast Crumble

This heart-warming breakfast crumble is the perfect way to heat yourself up on these coo...

daveynutrition.com

3.2mg

Lunch



## Creamy Chicken & Pesto Wrap

This creamy, cheesy and simple wrap is a perfect high protein lunch option for busy...

daveynutrition.com

2.4mg

Snacks



## Cherry Almond Smoothie

Indulgent yet full of goodness! Great for after training to kickstart your recovery. Swap the...

daveynutrition.com

2.4mg

Dinner



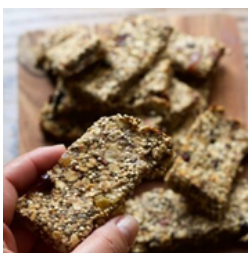
## Spicy Salmon Tacos

These tacos are packed with flavour, from the sweet and tangy pineapple salsa to the salty...

daveynutrition.com

1.2mg

Snacks



## Crunchy Chia Quinoa Bars

Quinoa is easy to flavour and is a great option to include in breakfast, lunch or in snack bars like this recipe. The blend of almonds and pecan nuts give these bars a snapping crunch.

1.3mg

**Total = 10.5mg**