

THE SUMMER TIME

Meal Plan

BREAKFAST

Smoothie

banana, mango, protein powder, almond or coconut milk then blend until smooth

MID MORNING SNACK

Cold hard-boiled eggs (ideally pre-boiled) and a kiwi

LUNCH

Hummus wrap

ezekiel wrap or whole grain wrap with minimal ingredients, hummus, spinach, roasted red pepper, thinly sliced carrot

MID AFTERNOON SNACK

Green smoothie

banana, avocado, spinach, mango, almond or coconut milk then blend until smooth

DINNER

Beef, turkey or black bean burger on a lettuce wrap, mixed bean salad (mixed beans, chickpeas dressed with oil and vinegar)

EVENING SNACK

Mixed berries topped with a tablespoon of yogurt

