

OVERNIGHT CHIA & APPLE

————— *breakfast*





CHICKEN & PESTO

wrap

SERVES 1

PER SERVING:

530 calories 29g carbs
27g protein 34g fat

SLOW COOKER BEEF

hotpot





PASSION FRUIT & PEACH *parfait*

SERVES 1

PER SERVING:

258 calories 23g carbs
37g protein 2g fat

CHORIZO

— *omelette*



COLOURFUL

— *beef salad*

