

7-DAY

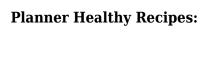
Healthy Meal Plan & Quick Recipes

Looking for quick, easy recipes for when you're short on time and low on energy? Each of these recipes is ready in under 10 minutes to help streamline your week.

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	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	Cheese & tomato on bread	Smashed chickpea & avo sandwich	Cheese, apple 6 nuts	Salmon salad with citantro dressing
DAY 2	Cottage cheese, berries & walnuts	Avo, cucumber & chicken sandwich	Hummus, carrot & walnuts	Pesto, sundried tomato & bean salad G Done
DAY 3	Cheese & tornato on bread	Smashed chickpea & avo sandwich	Cheese, apple & nuts	Salmon salad with citantro dressing
DAY 4	Cottage cheese, berries & walnuts	Avo. cucumber & chicken sandwich	Hummus, carrot & walnuts	Pesto, sundried tomato & bean salad
DAY 5	Cheese & tornato on bread	Smashed chickpea & avo sandwich	Cheese, apple & nuts	Salmon salad with cliantro dressing
DAY 6	Cottage cheese, berries & walnuts	Avo, cucumber & chicken sandwich	Hummus, carrot & walnuts	Pesto, sumdried tomate & bean salad Done
DAY 7	Cheese & tomato on bread	Smashed chickpea & avo sandwich	Cheese, apple & nuts	Salmon salad with citantro dressing

Planner Healthy Recipes

Ian Pickup



Delve into the emotional tapestry woven by Emotional Journey with in Experience **Planner Healthy Recipes**. This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

 $\underline{https://dashboard.colourpop.com/public/Resources/HomePages/Tips\%20Zero\%20Waste\%20Lifestyle.pdf}$

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• Interactive and Gamified eBooks

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