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THE DAILY DOZEN WEEKLY PLANNER

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EXAMPLE DAY

Breakfast

Toast with marmite, avocado and tomato.

Lunch

Hummus, spinach, grated carrot and red pepper sandwich, or as a salad with quinoa

Dinner

Bowl with brown rice, tofu, roasted sweet potato, kale, broccoli and black beans – flavour with ginger, garlic, soy, chili, turmeric and sesame.

Snacks

Frozen berry and banana smoothie, with tablespoon of flax and chia seed. Nuts/nuts and fruit mix.