

THE DAILY DOZEN WEEKLY PLANNER

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OTHER FRUITS O
CRUCIFEROUS VEGETABLES
GREENS O
OTHER VEGETABLES
NUTS & SEEDS
FLAXSEEDS
SPICES O
WHOLE GRAINS O
DRINKS OOO
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EXAMPLE DAY Breakfast Toast with marmite, avocade
Lunch Hummus, spinach, grated ca and red pepper sandwich, o with quinoa

and tomato.

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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.