

Meal ideas

Chia pudding

Protein: 20g

Fibre: 19g

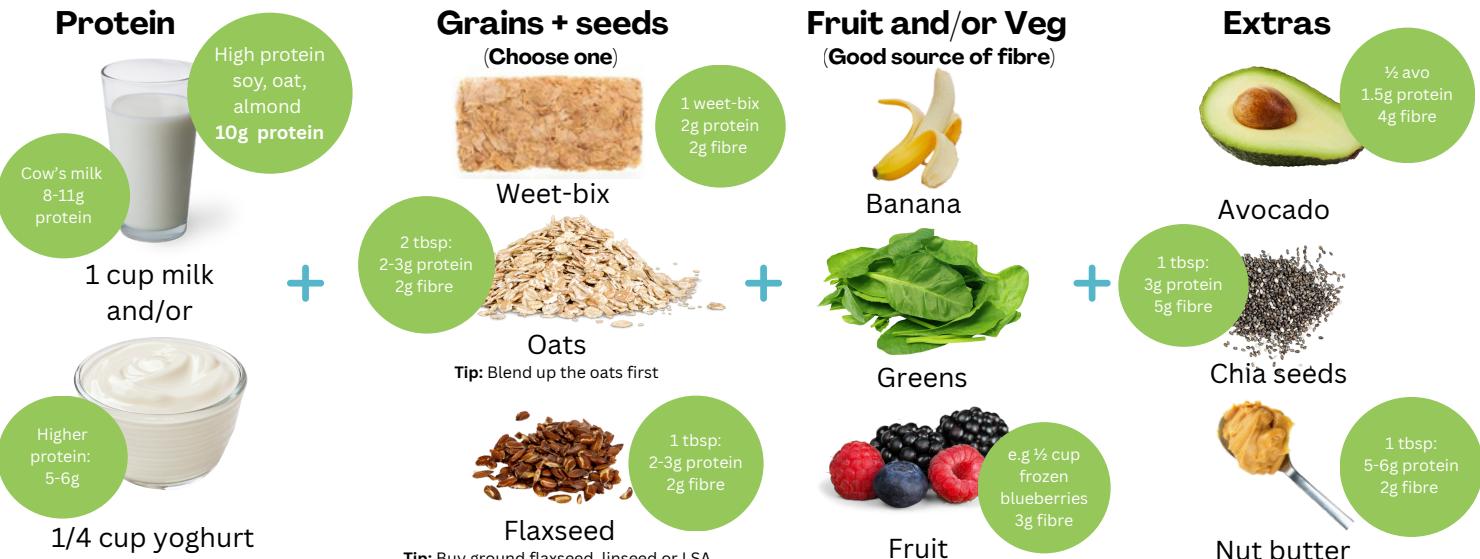


Smoothie

Protein: 16g-30g

Fibre: 7-17g

Protein



Overnight oats

Protein: 12.5-20.5g

Fibre: 13.5g

