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#Jenny



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Cool! I'am really happy

#Markus Jensen



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#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

DAY 6

bikini BODY HELP

BREAKFAST
Cooked Breakfast
2 eggs, poached
2 slice dark rye bread, toasted
2 small mushrooms, sliced and cooked
Small handful of baby spinach, cooked
1 regular coffee with low fat milk (1 cup)

SNACK
100g mixed berries (1 cup)
200g low fat yoghurt
10g nut and seed mix

LUNCH
Tuna Crispbreads
4 rye crispbreads
50g tuna, drained
1/2 small cucumber, sliced (1/2 cup)
60g ricotta cheese (1/4 cup)

SNACK
Vegetable Soldiers & Homemade Hummus (see page 89)
2 small carrots, chopped (1 cup)
100g oil-free hummus (1/2 cup)
1 medium apple

DINNER
Herb Crusted Chicken & Chickpea Salad (see page 79)
50g chicken, cooked
60g quinoa flakes, uncooked (1/2 cup)
10g olive oil
Lemon zest, thyme, garlic
Egg (to adhere quinoa flakes only)
1/2 medium tomato, diced
40g chickpeas (1/4 cup)
1/2 red capsicum, diced (1/2 cup)
Small handful rocket leaves (1/2 cup)



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