

















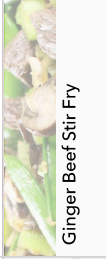







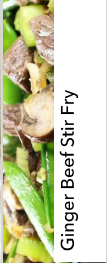



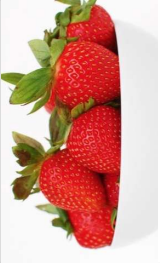

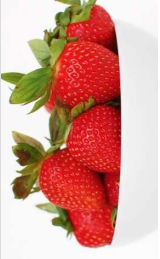




## Tiffany Milliss Meal Plan 2

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Christine Bardajian

<https://eatinginmind.com.au/>

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Tuna Salad Plate	 Feta Eggs & Potatoes	 Blueberries, Granola & Greek Yogurt	 Feta Eggs & Potatoes	 Tuna Salad Plate
	 Banana	 Feta Eggs & Potatoes	 Blueberries, Granola & Greek Yogurt	 Feta Eggs & Potatoes	 Banana
Snack 1	 Nectarine Strawberry Smoothie	 Pear	 Nectarine	 Apple & Brazil Nuts	 Nectarine Strawberry Smoothie
Lunch	 Chicken Salad Wrap	 Ginger Beef Stir Fry	 One Pan Salmon with Rainbow Veggies	 Christine's Quinoa Chicken 'Stir Fry'	 Chicken & Peppers with Basmati Rice
Snack 2	 Carrot Sticks	 Blueberry Protein Smoothie	 Apple & Brazil Nuts	 Carrot Sticks	 Carrot Sticks
Dinner	 Ginger Beef Stir Fry	 One Pan Salmon with Rainbow Veggies	 Christine's Quinoa Chicken 'Stir Fry'	 Chicken & Peppers with Basmati Rice	 Salmon, Rice & Arugula
Snack 3	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Blueberries	 Blueberries



Mon	Tue	Wed	Thu	Fri
<b>Fat</b> <div><div></div></div> 36% <b>Carbs</b> <div><div></div></div> 35% <b>Protein</b> <div><div></div></div> 29%	<b>Fat</b> <div><div></div></div> 45% <b>Carbs</b> <div><div></div></div> 31% <b>Protein</b> <div><div></div></div> 24%	<b>Fat</b> <div><div></div></div> 39% <b>Carbs</b> <div><div></div></div> 35% <b>Protein</b> <div><div></div></div> 26%	<b>Fat</b> <div><div></div></div> 40% <b>Carbs</b> <div><div></div></div> 35% <b>Protein</b> <div><div></div></div> 25%	<b>Fat</b> <div><div></div></div> 30% <b>Carbs</b> <div><div></div></div> 40% <b>Protein</b> <div><div></div></div> 30%
<b>Calories</b>	1741	1830	1709	1983
<b>Calories</b>				
<b>Fat</b>	71g	94g	77g	91g
<b>Fat</b>				
<b>Carbs</b>	156g	146g	157g	178g
<b>Carbs</b>				
<b>Fiber</b>	36g	31g	30g	28g
<b>Fiber</b>				
<b>Sugar</b>	67g	62g	74g	52g
<b>Sugar</b>				
<b>Protein</b>	132g	115g	116g	126g
<b>Protein</b>				
<b>Cholesterol</b>	266mg	594mg	209mg	755mg
<b>Cholesterol</b>				
<b>Sodium</b>	2564mg	2427mg	1230mg	2243mg
<b>Sodium</b>				
<b>Vitamin A</b>	22668IU	15991IU	6495IU	16847IU
<b>Vitamin A</b>				
<b>Vitamin C</b>	197mg	445mg	666mg	556mg
<b>Vitamin C</b>				
<b>Calcium</b>	1119mg	865mg	866mg	708mg
<b>Calcium</b>				
<b>Iron</b>	14mg	13mg	10mg	11mg
<b>Iron</b>				
<b>Vitamin D</b>	204IU	897IU	898IU	97IU
<b>Vitamin D</b>				
<b>Folate</b>	302µg	415µg	408µg	368µg
<b>Folate</b>				
<b>Magnesium</b>	334mg	348mg	495mg	443mg
<b>Magnesium</b>				
<b>Calories</b>	1865			
<b>Calories</b>				
<b>Fat</b>	64g			
<b>Fat</b>				
<b>Carbs</b>	193g			
<b>Carbs</b>				
<b>Fiber</b>	32g			
<b>Fiber</b>				
<b>Sugar</b>	60g			
<b>Sugar</b>				
<b>Protein</b>	141g			
<b>Protein</b>				
<b>Cholesterol</b>	334mg			
<b>Cholesterol</b>				
<b>Sodium</b>	1862mg			
<b>Sodium</b>				
<b>Vitamin A</b>	15598IU			
<b>Vitamin A</b>				
<b>Vitamin C</b>	342mg			
<b>Vitamin C</b>				
<b>Calcium</b>	963mg			
<b>Calcium</b>				
<b>Iron</b>	10mg			
<b>Iron</b>				
<b>Vitamin D</b>	819IU			
<b>Vitamin D</b>				
<b>Folate</b>	259µg			
<b>Folate</b>				
<b>Magnesium</b>	315mg			
<b>Magnesium</b>				

## Fruits

- ☐ 2 Apple
- ☐ 1 Avocado
- ☐ 2 Banana
- ☐ 2 cups Blueberries
- ☐ 3/4 Lemon
- ☐ 1 Navel Orange
- ☐ 3 Nectarine
- ☐ 1 Pear
- ☐ 4 cups Strawberries

## Breakfast

- ☐ 1/4 cup Granola
- ☐ 1 1/2 tps Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1/2 cup Brazil Nuts
- ☐ 2 tbsps Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 1/4 tsp Cumin
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Sesame Seeds
- ☐ 2 tbsps Walnuts

## Frozen

- ☐ 1 Brown Rice Tortilla
- ☐ 1 1/4 cups Frozen Blueberries

## Vegetables

- ☐ 4 1/4 cups Arugula
- ☐ 1 cup Baby Spinach
- ☐ 8 cups Broccoli
- ☐ 3 Carrot
- ☐ 2 1/2 stalks Celery
- ☐ 4 cups Cherry Tomatoes
- ☐ 1/2 Cucumber
- ☐ 1 Garlic
- ☐ 1 1/2 tps Ginger
- ☐ 2 cups Mini Potatoes
- ☐ 1 1/2 cups Mushrooms
- ☐ 2 tbsps Parsley
- ☐ 1 Red Bell Pepper
- ☐ 1 1/3 Red Capsicum
- ☐ 1 1/4 cups Red Onion
- ☐ 1 1/2 cups Snap Peas
- ☐ 2 cups Snow Peas
- ☐ 1 Sweet Potato
- ☐ 3 Yellow Bell Pepper
- ☐ 1 1/3 Yellow Capsicum
- ☐ 1/4 Yellow Onion

## Boxed & Canned

- ☐ 1/2 cup Basmati Rice
- ☐ 1 cup Jasmine Rice
- ☐ 2/3 cup Quinoa
- ☐ 2 cans Tuna

## Baking

- ☐ 1 tbsp Raw Honey

## Bread, Fish, Meat & Cheese

- ☐ 227 grams Beef Tenderloin
- ☐ 567 grams Chicken Breast
- ☐ 113 grams Chicken Breast, Cooked
- ☐ 454 grams Chicken Thighs
- ☐ 1 cup Feta Cheese
- ☐ 1 kilogram Salmon Fillet

## Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 1 tbsp Avocado Oil
- ☐ 1 tbsp Coconut Aminos
- ☐ 1 1/2 tps Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Sesame Oil
- ☐ 1/3 cup Tamari

## Cold

- ☐ 4 Egg
- ☐ 2 cups Plain Coconut Milk
- ☐ 1 1/8 cups Plain Greek Yogurt
- ☐ 1/2 cup Unsweetened Coconut Yogurt

## Other

- ☐ 3/4 cup Vanilla Protein Powder
- ☐ 2 1/2 cups Water



## Tuna Salad Plate

1 serving

5 minutes

### Ingredients

1 can Tuna (drained, broken into chunks)  
1/2 Avocado (pit removed)  
1/4 cup Unsweetened Coconut Yogurt  
1/4 Cucumber (sliced)  
1/4 tsp Sea Salt

### Directions

1

Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

### Nutrition

Amount per serving	
Calories	342
Fat	18g
Carbs	14g
Fiber	8g
Sugar	2g
Protein	35g
Cholesterol	59mg
Sodium	1018mg
Vitamin A	320IU
Vitamin C	12mg
Calcium	177mg
Iron	4mg
Vitamin D	78IU
Folate	93µg
Magnesium	77mg



## Banana

1 serving

1 minute

### Ingredients

1 Banana

### Directions

- 1 Peel and enjoy!

### Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	6mg
Iron	0mg
Vitamin D	0IU
Folate	24µg
Magnesium	32mg



## Feta Eggs & Potatoes

1 serving  
35 minutes

### Ingredients

1 cup Mini Potatoes (halved)  
1 1/2 tps Avocado Oil  
Sea Salt & Black Pepper (to taste)  
1/2 cup Feta Cheese (crumbled)  
2 Egg

### Nutrition

Amount per serving	
Calories	519
Fat	33g
Carbs	30g
Fiber	3g
Sugar	2g
Protein	26g
Cholesterol	439mg
Sodium	1005mg
Vitamin A	860IU
Vitamin C	30mg
Calcium	444mg
Iron	3mg
Vitamin D	94IU
Folate	94µg
Magnesium	61mg

### Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Place the potatoes on a baking sheet and toss with the oil, salt, and pepper. Transfer to the oven and bake for 25 to 30 minutes, flipping halfway through.
- 3 Heat a non-stick pan over medium heat. Crumble the feta in the pan, making one circle for each egg. Leave space to crack an egg in the middle of each feta circle.
- 4 Crack the eggs into the holes. Season with salt and pepper. Cook until the whites are set, and the feta and eggs are crispy, about four to five minutes.
- 5 Divide the eggs and potatoes evenly between plates. Enjoy!





## Blueberries, Granola & Greek Yogurt

1 serving

5 minutes

### Ingredients

1 cup Plain Greek Yogurt  
1/4 cup Frozen Blueberries  
1/4 cup Granola  
2 tbsps Walnuts

### Directions

- 1 Add all ingredients to a bowl and enjoy!

### Nutrition

Amount per serving	
Calories	448
Fat	22g
Carbs	35g
Fiber	5g
Sugar	16g
Protein	29g
Cholesterol	34mg
Sodium	149mg
Vitamin A	1273IU
Vitamin C	16mg
Calcium	540mg
Iron	2mg
Vitamin D	99IU
Folate	43µg
Magnesium	77mg





## Nectarine Strawberry Smoothie

1 serving  
10 minutes

### Ingredients

1 Nectarine (pitted, chopped)  
1/2 cup Strawberries  
1 tbsp Chia Seeds  
1 cup Plain Coconut Milk (from the carton)  
1/4 cup Vanilla Protein Powder

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

### Nutrition

Amount per serving	
Calories	307
Fat	10g
Carbs	34g
Fiber	9g
Sugar	22g
Protein	23g
Cholesterol	4mg
Sodium	76mg
Vitamin A	979IU
Vitamin C	50mg
Calcium	662mg
Iron	2mg
Vitamin D	101IU
Folate	32µg
Magnesium	69mg



## Pear

1 serving

5 minutes

### Ingredients

1 Pear

### Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	16mg
Iron	0mg
Vitamin D	0IU
Folate	12µg
Magnesium	12mg

### Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!



## Nectarine

1 serving

2 minutes

### Ingredients

1 Nectarine

### Directions

- 1 Wash and enjoy!

### Nutrition

Amount per serving	
Calories	62
Fat	0g
Carbs	15g
Fiber	2g
Sugar	11g
Protein	2g
Cholesterol	0mg
Sodium	0mg
Vitamin A	471IU
Vitamin C	8mg
Calcium	9mg
Iron	0mg
Vitamin D	0IU
Folate	7µg
Magnesium	13mg



## Apple & Brazil Nuts

1 serving

5 minutes

### Ingredients

1 Apple (cored, sliced)  
1/4 cup Brazil Nuts

### Directions

- 1 Add the apple slices and Brazil nuts to a plate. Enjoy!

### Nutrition

Amount per serving	
Calories	314
Fat	23g
Carbs	29g
Fiber	7g
Sugar	20g
Protein	5g
Cholesterol	0mg
Sodium	3mg
Vitamin A	98IU
Vitamin C	9mg
Calcium	64mg
Iron	1mg
Vitamin D	0IU
Folate	13µg
Magnesium	134mg





## Chicken Salad Wrap

1 serving  
10 minutes

### Ingredients

113 grams Chicken Breast, Cooked (shredded)  
1 stalk Celery (finely chopped)  
1/4 cup Red Onion (finely chopped)  
2 tbsps Parsley (finely chopped)  
3 tbsps Plain Greek Yogurt  
1/4 Lemon (juiced, zested)  
Sea Salt & Black Pepper (to taste)  
1/4 cup Arugula  
1 Brown Rice Tortilla

### Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt, lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Add the arugula and chicken salad mixture to the tortilla. Roll up the wrap tightly and enjoy!

### Nutrition

Amount per serving	
Calories	383
Fat	7g
Carbs	36g
Fiber	5g
Sugar	7g
Protein	43g
Cholesterol	124mg
Sodium	295mg
Vitamin A	1211IU
Vitamin C	22mg
Calcium	144mg
Iron	2mg
Vitamin D	20IU
Folate	41µg
Magnesium	54mg



## Carrot Sticks

1 serving

5 minutes

### Ingredients

1 Carrot (medium)

### Nutrition

Amount per serving	
Calories	25
Fat	0g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	42mg
Vitamin A	10191IU
Vitamin C	4mg
Calcium	20mg
Iron	0mg
Vitamin D	0IU
Folate	12µg
Magnesium	7mg

### Directions

- 1 Peel the carrot and slice it into sticks. Enjoy!



## Blueberry Protein Smoothie

1 serving

5 minutes

### Ingredients

1/4 cup Vanilla Protein Powder  
1 tbsp Ground Flax Seed  
1 cup Frozen Blueberries  
1 cup Baby Spinach  
1 cup Water (cold)

### Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Nutrition

Amount per serving	
Calories	206
Fat	4g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	68mg
Vitamin A	2884IU
Vitamin C	12mg
Calcium	190mg
Iron	2mg
Vitamin D	0IU
Folate	77µg
Magnesium	83mg



## Ginger Beef Stir Fry

2 servings

30 minutes

### Ingredients

2 tbsps Tamari  
1 Garlic (cloves, minced)  
1 1/2 tpsps Ginger (peeled and grated)  
1 1/2 tpsps Maple Syrup  
1 1/2 tpsps Coconut Oil  
227 grams Beef Tenderloin (sliced into strips)  
1/4 Yellow Onion (diced)  
1 1/2 stalks Celery (chopped)  
1 1/2 cups Snap Peas  
1 1/2 cups Mushrooms (sliced)

### Directions

- 1 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

### Nutrition

Amount per serving	
Calories	417
Fat	29g
Carbs	15g
Fiber	4g
Sugar	9g
Protein	27g
Cholesterol	79mg
Sodium	1095mg
Vitamin A	652IU
Vitamin C	12mg
Calcium	67mg
Iron	5mg
Vitamin D	5IU
Folate	58µg
Magnesium	60mg





## Shredded Sweet Potatoes

2 servings

10 minutes

### Ingredients

1 tbsp Extra Virgin Olive Oil  
1 Sweet Potato (medium, peeled and  
grated)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	116
Fat	7g
Carbs	13g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	36mg
Vitamin A	9222IU
Vitamin C	2mg
Calcium	20mg
Iron	0mg
Vitamin D	0IU
Folate	7µg
Magnesium	16mg

### Directions

- 1 Heat the oil in a non-stick pan over medium heat.
- 2 Add the grated sweet potato and cook, stirring occasionally, for about five to six minutes or until the sweet potatoes are tender. Season with salt and pepper to taste. Serve and enjoy!



## One Pan Salmon with Rainbow Veggies

4 servings  
40 minutes

### Ingredients

4 cups Cherry Tomatoes  
567 grams Salmon Fillet  
2 Yellow Bell Pepper (sliced)  
4 cups Broccoli (chopped into small florets)  
1 cup Red Onion (sliced into chunks)  
1/4 cup Extra Virgin Olive Oil  
1 tbsp Coconut Aminos  
1 Navel Orange (zested and juiced)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	425
Fat	21g
Carbs	27g
Fiber	6g
Sugar	11g
Protein	37g
Cholesterol	72mg
Sodium	220mg
Vitamin A	2311IU
Vitamin C	296mg
Calcium	105mg
Iron	2mg
Vitamin D	798IU
Folate	132µg
Magnesium	97mg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 3 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 4 Divide between plates and enjoy!





## Christine's Quinoa Chicken 'Stir Fry'

4 servings  
30 minutes

### Ingredients

3 tbsps Tamari  
1 tbsp Apple Cider Vinegar  
1 tbsp Raw Honey  
1 tbsp Sesame Oil  
567 grams Chicken Breast (cut into cubes)  
1 1/3 Red Capsicum (de-seeded and sliced)  
1 1/3 Yellow Capsicum (de-seeded and sliced)  
4 cups Broccoli (chopped into florets)  
2 cups Snow Peas  
2/3 cup Quinoa (dry)  
1 1/2 cups Water  
1 tbsp Sesame Seeds

### Nutrition

Amount per serving	
Calories	414
Fat	11g
Carbs	40g
Fiber	7g
Sugar	9g
Protein	42g
Cholesterol	103mg
Sodium	857mg
Vitamin A	2325IU
Vitamin C	252mg
Calcium	125mg
Iron	4mg
Vitamin D	1IU

### Directions

- 1 Preheat oven to 180°C and line a large baking tray with baking paper.
- 2 In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
- 3 Add the chicken, red & yellow capsicum, broccoli and snow peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 to 30 minutes, or until chicken is cooked through.
- 4 Meanwhile, cook your quinoa. Wash quinoa first. Combine the quinoa and water in a saucepan and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 5 Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!
- 6 Remember that this recipe serves 3. Please adjust accordingly if you are serving more/less.



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Folate	178µg
Magnesium	155mg





## Chicken & Peppers with Basmati Rice

2 servings  
25 minutes

### Ingredients

1/2 cup Basmati Rice (dry)  
454 grams Chicken Thighs (boneless, skinless)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 tbsp Chili Powder  
1/4 tsp Cumin  
Sea Salt & Black Pepper (to taste)  
1 Yellow Bell Pepper (sliced)  
1 Red Bell Pepper (sliced)

### Nutrition

Amount per serving	
Calories	627
Fat	24g
Carbs	52g
Fiber	5g
Sugar	3g
Protein	51g
Cholesterol	213mg
Sodium	335mg
Vitamin A	3293IU
Vitamin C	247mg
Calcium	46mg
Iron	3mg
Vitamin D	2IU
Folate	62µg
Magnesium	77mg

### Directions

- 1 Cook the rice according to the package directions and set aside.
- 2 In a bowl, add the chicken, half of the olive oil, chili powder, cumin, salt and pepper. Mix to combine.
- 3 Heat a cast-iron pan over medium-high heat and cook the chicken for six to seven minutes per side or until cooked through. Remove from the heat and set aside.
- 4 Lower the heat to medium and add the remaining oil. Add the bell peppers, salt, and pepper. Sauté for three to four minutes or until cooked to your liking.
- 5 To assemble, add the rice to bowls and top each with chicken and peppers. Enjoy!



## Salmon, Rice & Arugula

4 servings  
25 minutes

### Ingredients

454 grams Salmon Fillet  
1/2 tsp Sea Salt  
1 cup Jasmine Rice (dry, uncooked)  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
4 cups Arugula

### Nutrition

Amount per serving	
Calories	375
Fat	12g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	29g
Cholesterol	58mg
Sodium	389mg
Vitamin A	659IU
Vitamin C	5mg
Calcium	43mg
Iron	1mg
Vitamin D	638IU
Folate	27µg
Magnesium	44mg

### Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!



## Fresh Strawberries

1 serving

5 minutes

### Ingredients

1 cup Strawberries

### Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Folate	35µg
Magnesium	19mg

### Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!



## Blueberries

1 serving

2 minutes

### Ingredients

1 cup Blueberries

### Directions

- 1 Wash the berries and enjoy!

### Nutrition

Amount per serving	
Calories	84
Fat	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	80IU
Vitamin C	14mg
Calcium	9mg
Iron	0mg
Vitamin D	0IU
Folate	9µg
Magnesium	9mg