

Carob Chia Pudding

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June 2022 Meal Plan

www.alldunamis.com Contents & Key GF Gluten Free DF Dairy Free LC Low Carb (20g-

serve) MP Meal Prep/Freezer Friendly HP High Protein (20g+ per serve) V Vegetarian
Q Quick (under 30 mins) N Contains Nuts 3 8 Apple Pie Overnight 10 Chickpea
Shakshuka 12 Almond Granola with Apricots 14 Tofu Scramble 16 Cashew Butter
Dressing 18 Crispy Chickpea Poke Bowl 20 ...