

Pancakes, popcorn & fruit



Pancakes (check exchanges)

Popcorn (check exchanges)

Raspberries and blueberries
(free)

Don't forget your synthetic
protein!

Pancakes, natural yoghurt & fruit



Pancakes (check exchanges)

Natural yoghurt (check
exchanges)

Raspberries and blueberries
(free)

Don't forget your synthetic
protein!