

QUICK BREAKFAST

ONE HANDFUL OF:

- * CHOPPED CUCUMBER
- * CHOPPED PEANUTS
+ OTHER MIXED NUTS
- * CHOPPED TOMATOES

PLUS:

- 25g BEEF JERKY
- ~~OR~~ 100g SALMON
- ~~OR~~ 2 POACHED EGGS

ASAP AFTER
WAKING.
ENJOY WITH
TEA/COFFEE/WATER