

\*\*\*\*\* DIET PLAN \*\*\*\*\*

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IRON DEFICIENCY

BREAKFAST

1. Avacado Toast
2. Spinach
3. Green Tea

LUNCH

1. Broccoli
2. Asparagus
3. Beets
4. Kidney Beans
5. Falafel

DINNER

1. Rice
  2. Lentils
  3. Veggie Salad
  4. Probiotic Drinks
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