



DAY 1 MEAL PLAN

MORNING- TOAST, EGGS, AND FRUITS: EGG WHITE (ONE CUP), ONE EGG, CHEESE (ONE OZ.), BREAD (TWO SLICES), ONE BANANA

AFTERNOON- CHICKEN SALAD: CHICKEN (FOUR OZ.), FETA CHEESE (ONE OZ.), CROUTONS, LETTUCE CUCUMBER, TOMATO, DRESSING (TWO TABLESPOONS), JELLO (SUGAR-FREE)

SNACK- PROTEIN PUDDING: PROTEIN POWDER (ONE SCOOP), ALMOND MILK (ONE CUP), PUDDING MIX (SUGAR-FREE; ONE TABLESPOON), XANTHAM GUM (QUARTER TEASPOON)

EVENING- GROUND BEEF AND RICE: GROUND BEEF (FOUR OZ.; 93%), WHITE RICE (HALF CUP), RICED CAULIFLOWER (85G), PEACHES (ONE CUP), MUSHROOMS (THREE OZ.)

