



DAY 3 MEAL PLAN

MORNING- OATMEAL, EGGS, AND
FRUIT: DRY OATS (1/3 CUP),
GREEK YOGURT, NONFAT (2/3 CUP),
EGG WHITES (HALF CUP), RASPBERRIES
(ONE CUP), MAPLE SYRUP, SUGAR-FREE

AFTERNOON- CHICKEN SALAD:
CHICKEN (FOUR OZ.), FETA CHEESE
(HALF OZ.), TURKEY BACON (THREE
SLICES), BLACK BEANS (HALF CUP),
TOMATO, LETTUCE, DRESSING (TWO
TABLESPOONS)

SNACK- PROTEIN SHAKE: VANILLA
PROTEIN POWDER(ONE SCOOP),
ALMOND MILK (ONE CUP), FROZEN
STRAWBERRIES (170G)

EVENING- HAMBURGER AND SWEET
POTATO FRIES: BEEF PATTY, 93% (FOUR
OZ.), CHEESE (ONE OZ.), BROCCOLI
(FOUR OZ.), SWEET POTATO (100G),
ONE HAMBURGER BUN, TOMATO,
LETTUCE
