

HOW TO HIT 100G OF PROTEIN

BREAKFAST

→ 1 BOILED EGG + FRUIT SMOOTHIE WITH BERRIES, VEGA SPORT PROTEIN POWDER, ALMOND/PEANUT BUTTER AND ALMOND MILK



LUNCH

→ HOMEADE CHICKEN SALAD: 1 CUP SHREDDED CHICKEN, 1 TBS MAYO, 2 TBS MUSTARD, 2 TBS CHOPPED PICKLES/CELERY, SALT AND PEPPER TO TASTE WITH BABY CARROTS AND CELERY



SNACK

→ SNACK PLATE: LOWFAT STRING CHEESE, LOWFAT TURKEY PEPPERONI, APPLE



DINNER

→ GRILLED 4OZ SALMON, ROASTED BROCCOLI AND SWEET POTATOES



DESSERT

→ SKINNY COW ICECREAM SANDWICH

