



# DAY 2

## Meal Plan

**Morning- Oatmeal, Eggs, and Fruit:** Dry oats (1/3 cup), One egg, Egg whites (one cup), Cheese (one oz.), Blueberries (half cup)

**Afternoon- Chicken Wrap and Fruit:** Chicken breasts (four oz.), One tortilla, Cucumber, Lettuce, Tomato, Light mayonnaise, One apple

**Snack- Protein Pudding:** Vanilla protein powder (one scoop), Greek yogurt, plain and nonfat (2/3 cup), Peanut butter (one tablespoon), Syrup, sugar-free

**Evening- Spaghetti Noodles:** Capitalized zucchini (250g), Ground beef, 93% (four oz.), Spaghetti sauce (half cup), One dinner roll

