

Day 4 Meal Plan

Morning- Kodiak Pancakes with Banana and Peanut Butter: Kodiak mix (half cup), Peanut butter (two tablespoons), Egg whites (three tablespoons), One banana, Syrup, sugar-free

Afternoon- Chicken Sandwich: Chicken (four oz.), Two bread slices, Blueberries (half cup), One carrot, medium, Tomato, Lettuce

Snack- Protein Pudding: Vanilla protein powder (one scoop), Greek yogurt, nonfat (2/3 cup), Almond milk (half cup), Pudding mix sugar-free (one tablespoon)

Evening- Steak and Vegetables: Petite sirloin steak (four oz.), Broccoli (four oz.), Mushrooms (three oz.), Riced cauliflower (85g)

