



DAY 5 MEAL PLAN

MORNING- SWEET POTATO PANCAKES:

KODIAK MIX (HALF CUP), SWEET POTATOES (100G), GREEK YOGURT, NONFAT (2/3 CUP), ONE EGG, LARGE, SYRUP, SUGAR-FREE

AFTERNOON- TUNA WRAP:

ONE CANNED TUNA (FIVE OZ.), ONE TORTILLA, TURKEY BACON (THREE SLICES), CHEESE (ONE OZ.), ONE CARROT, LETTUCE, LIGHT MAYONNAISE (ONE TABLESPOON)

SNACK- PROTEIN SHAKE: PROTEIN POWDER (ONE SCOOP), ALMOND MILK (ONE CUP) BLUEBERRIES (ONE CUP)

EVENING- CHICKEN TERIYAKI:

CHICKEN (FOUR OZ.), BROCCOLI (FOUR OZ.), TERIYAKI SAUCE (ONE TABLESPOON), OLIVE OIL (ONE TABLESPOON), ONE ONION, MEDIUM, COOKED RICE (HALF CUP)

