



# Day 6 Meal Plan

**Morning- Scrambled Eggs, Toast and Fruit:** Egg whites (one cup), One bread slice, One egg, large, One banana, Mushrooms (three oz.)

**Afternoon- Chicken Salad and Strawberries:** Chicken (five oz.), Strawberries (170g), Turkey bacon (one slice), Tomato, Cucumber, Lettuce, Dressing (one tablespoon)

**Snack- Protein Pudding and Popcorn:** Protein powder (one scoop), Popcorn (three cups), Almond milk (one cup), Xanthan gum (quarter teaspoon)

**Evening- Pizza and Fruit:** Greek yogurt pizza crust (two slices), Turkey sausage (four oz.), Pepperoni (five slices), Mozzarella (one oz.), Spaghetti sauce (half cup), One apple