

DAY 7 MEAL PLAN



MORNING- PANCAKES AND EGGS

Dry, rolled oats (1/3 cup), Egg whites (1/3 cup), Cottage cheese, fat-free (1/3 cup), Two eggs, Blueberries (one cup), Syrup, sugar-free

AFTERNOON- TURKEY WRAP

Deli turkey (four oz.), One tortilla, Avocado (30g), Cheese (one oz.), Strawberries (one cup)

SNACK- PROTEIN YOGURT PUDDING

Protein powder (one scoop)
Greek yogurt, nonfat (2/3 cup)
Pudding mix, sugar-free (one tablespoon)

EVENING- BEEF AND BROCCOLI

Sirloin steak (four oz.), Broccoli (one cup)
Cooked rice (half cup)
Soy sauce (one tablespoon)
Pineapple (half cup)