

Main Eats -

Yogurt - 5 oz plain Greek yogurt with protein powder (equivalent to 10 grams of protein) 1/4 fruit-blueberries or strawberries

Omelette - 1 whole egg and half cup of egg whites with spinach and mushrooms. Shredded cheese on top.

Overnight Oats - 1/4-1/3 cup rolled oats, cinnamon, pinch of salt, unsweetened almond milk and 1/4-1/2 apple cut into chunks. Place all of the ingredients in a small bowl. Add enough almond milk to cover oats. Place in fridge overnight. Open and eat in the morning.

CHECK BOX

Day Of Week	M	T	W	T	F	S	S
Yogurt							
Omelette							
Overnight Oats							

Pre Workout Snacks -

- Half apple and 2 teaspoons of peanut butter
- Rice cake with peanut butter
- Rice cake or slice of Ezekiel bread toasted with a cheese stick

Tip: Eat this an hour to 30 minutes before a workout depending on how you handle food on your stomach