

HWH FITNESS CHALLENGE

MEAL PLAN WEEK 2

MEAL 1 | BREAKFAST

Scrambled eggs, 1 slice turkey bacon, 1/2 protein english muffin

or

Protein pancake (try Megan's recipe!) or frozen Kodiak waffle with small amount of almond butter

MEAL 2 | SNACK

High-protein cereal (Kashi GoLean, etc) with skim milk or "Mootopia"

or

Protein Shake (mix 1 scoop/serving protein powder, 1 serving fruit, 1/2 cup skim milk or unsweetened almond or coconut milk, ice and water if needed)

MEAL 3 | LUNCH

Kale (or other dark greens) salad with optional protein (tempeh, tofu, turkey, chicken, etc)

or

Low-carb tortilla (or corn tortilla) with 1 can tuna, relish, mustard and arugula or other greens

MEAL 4 | SNACK

Protein Bar *or* Fruit + nut butter

MEAL 5 | DINNER

Grilled fish tacos: 2 corn tortillas, 1 mahi mahi (or tilapia or other white fish) filet, pico de gallo or salsa, small amount avocado

Or

Cauliflower crust pizza

MEAL 6 | OPTIONAL EVENING SNACK

Protein shake *or*

Muscle Egg *or*

Lowfat/low sodium popcorn