

HWH FITNESS CHALLENGE

MEAL PLAN WEEK 3

MEAL 1 | BREAKFAST

Egg "muffins" - mix 1 egg/muffin cup with seasoning and your favorite omelet toppings and bake at 375 for 25 minutes

or

Breakfast Burrito: 1 low-carb tortilla (or corn tortilla) with 1 egg + 2 whites, pico de gallo and/or other veggies + salsa

MEAL 2 | SNACK

1 piece of fruit + a few almonds or nuts

or

1 greek yogurt topped with berries or 1 TBSP low-sugar granola

MEAL 3 | LUNCH

Tuna (or tempeh) Pita: 1 can tuna (or 1 serving tempeh) mixed with small amount greek yogurt or low-fat mayo + greens on a small pita or wrap

or

Quinoa Salad : Cook 1 c. Quinoa, chop 3 bell peppers + 1 cucumber. Combine with 1 Tbsp olive oil, 2 Tbsp balsamic vinegar & salt to taste

MEAL 4 | SNACK

Protein shake or 2 small coconut cashew cookies

MEAL 5 | DINNER

"Zoodles" with meatballs: veggie noodles + snap peas + 1 serving meatballs (turkey, veggie or other meat). Cook meatballs per directions, sauté in non-stick spray or olive oil until "zoodles" and peas are tender.

or

Bun-less Burger (turkey, veggie, lowfat beef, etc) on lettuce + unlimited veggies (avoid starches like potato or corn)

MEAL 6 | OPTIONAL EVENING SNACK

Protein shake *or* Muscle Egg *or* Lowfat/low sodium popcorn