

HWH FITNESS CHALLENGE

MEAL PLAN WEEK 4

MEAL 1 | BREAKFAST

Protein yogurt parfait - see recipe

or

Breakfast Sandwich: 1 high protein english muffin with 1 egg + 2 whites, small amount of cheese + spinach or other green

MEAL 2 | SNACK

Acai bowl - see recipe or 1 protein bar

MEAL 3 | LUNCH

Lettuce Wraps: wrap your choice of protein in 2 large butter lettuce leaves, top with approved sauce/dressing and optional mango salsa or pico

or

Smoked Salmon on "Flackers": top 1 serving of "Flackers" or other low-carb cracker with a small piece of smoked salmon and capers + 1 piece fruit

MEAL 4 | SNACK

1 rice cake topped with almond butter + few berries

or

Sliced Cucumber "chips" dipped in salsa, hummus or guacamole

MEAL 5 | DINNER

Slow Cooker Recipe on HWH.com

or

Rainbow Tray Dinner: Place your choice of protein along with a variety of veggies (see if you can get all of the colors of the rainbow!) on a sheet pan or cookie sheet. Drizzle with a little olive oil and your choice of spices. Bake approximately for 15-20 min at 350 degrees (depending on protein choice)

MEAL 6 | OPTIONAL EVENING SNACK

Protein shake *or* Muscle Egg *or* Low-fat/low sodium popcorn