

HWH FITNESS CHALLENGE

MEAL PLAN WEEK 5

MEAL 1 | BREAKFAST

High Protein Waffle (Try Vans, Kodiak or Make your own) with 1 tbsp almond butter

MEAL 2 | SNACK

Green smoothie (with protein) : Blend 1 cup spinach, 1 scoop protein powder, 1cup water or almond milk, 1/2 banana, 1 handful berries (frozen or fresh) + ice if needed

MEAL 3 | LUNCH

Lettuce Wraps: wrap your choice of protein in 2 large butter lettuce leaves, top with unlimited other veggies and lite dressing or sauce

MEAL 4 | SNACK

Home-made trail mix: Combine about 1-2 Tbsp of your favorite of the following: any nuts, seeds, dried fruit, dark chocolate chips, granola

MEAL 5 | DINNER

Your choice!

Pick one of the meals from the previous weeks that you like!

MEAL 6 | OPTIONAL EVENING SNACK

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