

Meal one

1 pack of weight control oatmeal 1 banana and 1 scoop of whey isolate protein mixed in 6-8oz. of water

Meal Two

100 calorie package of almonds and 1/2 of a Granny Smith Apple

Meal Three

4-6 oz. of Tilapia or chicken breast grilled, baked or sautéed with 1 cup of broccoli or Spinach 16oz. of water or 8-16oz. of green tea

Meal Four

1 Quest protein bar with 8-16oz. of water

Meal Five

4oz. of 93% lean beef or 4oz. of ground turkey breast with 1 cup of black beans and 8-10 asparagus

Snack before bed

1 protein shake or 6 egg whites scrambled

**This is a voluntary nutrition plan please consult with a physician prior to starting.
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