

HOW TO HIT

116g Protein +30g Fiber

@thefitblondeyy

BREAKFAST - 30g protein | 9g fiber

Pumpkin Pie Overnight Oats (1/4 cup pumpkin puree, 1/2 cup unsweetened almond milk, 1/2 cup old fashioned oats, vanilla protein powder, 1 tbsp maple syrup, 1 tsp chia seeds, cinnamon)

SNACK - 5g protein | 6g fiber

1 apple & 1 tbsp almond butter

LUNCH - 45g protein | 4g fiber

Greek Bowl w/ 1/2 cup brown rice, 3 tbsp chickpeas, 1/4 cup sliced cucumber, 1/2 cup diced tomatoes, 1/4 cup feta, 2 tbsp tzatziki, 4 oz cooked chicken breast

DINNER - 35g protein | 9g fiber

4 oz grilled steak, 1 sweet potato made into fries in the air fryer & 1/2 salad kit

DESSERT - 1g protein | 2g fiber

4 pieces Trader Joes Chocolate Covered Banana Pieces



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Richard Bailey



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