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DAY 1 CONT.

Snack 2:

String cheese- 80 cals
10 Wheat Thins- 88 cals

Smoothie

2 cups spinach- 14 cals
1 banana- 105 cals

Add water to the top of the ingredients (there is no specific amount) and blend.

Total: 287 calories

Dinner

Lemon Chicken (recipe on pg. 4)

3 oz chicken- 140 cals
1/2 cup brown rice (cooked)- 100 cals
6 steamed asparagus spears- 36 cals
2 Tbs. sauce from chicken- about 80 cals

Total: 356 calories

Dessert

1 cup Halo Top ice cream- 140 calories



*1500-1600 calorie day

12

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