

Today's Nutritional Index

Calories 1,414
Carbs 167 g
Protein 118 g
Fat 35 g
Fiber 25 g

DAY 4 **Breakfast**



Oatmeal with Banana

- * 1 cup oatmeal, cooked
- * 1/2 cup nonfat milk
- * 1 banana

Snack



Celery and Peanut Butter

- * 2 stalks raw celery
- * 1 Tbsp. peanut butter

Lunch



Roast Beef Reuben and Salad

- * 3 oz. lean roast beef
- * 1/4 cup sauerkraut
- * 1 Tbsp. mustard
- * 1 slice rye bread
- * 1 cup shredded romaine lettuce
- * 1 Tbsp. Italian dressing
- * 1 dill pickle

Spread mustard on bread. Layer roast beef and sauerkraut onto bread. Serve with salad and pickle.

Snack



Strawberry Yogurt Protein Smoothie

- * 1/2 cup fresh strawberries
- * 1 scoop Protein Powder
- * 1 cup plain low-fat yogurt

Mix ingredients in blender.

Dinner



Chicken Burrito with Rice and Beans

- * 4 oz. broiled skinless chicken breast
- * 1 Tbsp. salsa
- * 1 whole wheat tortilla
- * 1/2 cup canned pinto beans
- * 1/2 cup cooked brown rice

Arrange chicken and salsa on tortilla, then heat in oven or microwave. Toss rice and beans together.

Have questions on today's meal plan? Contact Coach Laura at <http://www.facebook.com/laurakellypifer>