

Today's Nutritional Index

Calories 1,418
Carbs 145 g
Protein 112 g
Fat 48 g
Fiber 24 g

DAY 6 **Breakfast**



Broccoli and Feta Omelet with Toast

- * 3 egg whites and 1 whole egg, beaten together
- * 1/2 cup broccoli, chopped
- * 3/4 oz. feta cheese, crumbled
- * 1 slice whole wheat bread, toasted

Snack



Apple and Peanut Butter

- * 1 apple
- * 1 Tbsp. peanut butter

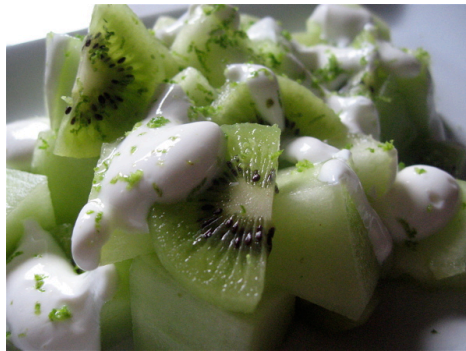
Lunch



Turkey Burger

- * 3 oz. cooked ground turkey
- * 1 slice onion
- * 1 cup alfalfa sprouts
- * 1 tsp. mustard
- * 1 Tbsp. ketchup
- * 3 leaves romaine lettuce
- * 1 whole wheat hamburger bun

Snack



Yogurt with Kiwi and Flaxseed

- * 1 cup plain low-fat yogurt
- * 1 kiwi, peeled and sliced
- * 1/2 Tbsp. flaxseed

Dinner



Chicken Pita

- * 2 oz. broiled chicken breast, sliced
- * 1/2 cup chopped onion
- * 1/2 cup shredded low-fat Swiss cheese
- * 1/2 cup tomato sauce
- * 1 medium whole wheat pita

Heat tomato sauce, add onion, cover pan, and cook until tender. Place chicken in pita, pour sauce over, and top with cheese.

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