

## Sample One-Day Meal Plan

### Pretty Awesome Fitness Sample One-Day Low Carbohydrate Meal Plan

<b>Meal One</b>	<b>Breakfast</b> 2 whole eggs 3 egg whites 1 fist sized of chopped peppers (or vegetable of choice) 1 hand cupped size of shredded cheese
<b>Meal Two</b>	<b>Lunch</b> 2 fist sized mixed veggies A palm-size of protein of choice (e.g. chicken) A handful of nuts
<b>Meal Three</b>	<b>Dinner</b> 2 fist sized fresh lettuce and spinach A palm-sized steak cooked in butter
<b>Optional</b>	<b>Snacks (If you're hungry at anytime of the day)</b> <ul style="list-style-type: none"><li>• Tuna and cheese on a piece of lettuce</li><li>• Mixed almonds and walnuts and a hard-boiled egg</li><li>• Leftovers from previous meals</li><li>• Protein powder mixed in almond milk or water</li><li>• A piece of fruit and peanut butter</li><li>• Baby carrots and peanut butter</li></ul>