

FULL DAY OF EATING ON BIKINI PREP

1395 CALORIES 143 G PROTEIN 122 G CARBS 39 G FAT

HEALTHBEET.ORG

MEAL IDEAS



BREAKFAST

1 CUP EGG WHITES
1/3 CUP OATS
1 OZ CARAMEL SKINNY SYRUP
100 GRAMS BELL PEPPERS
1/4 TEASPOON FEAST MODE VEGGIE SEASONING



LUNCH

200 G ZUCCHINI
60 G ONION
5 OZ CHICKEN TENDERS (4 AFTER IT'S COOKED)
100 G SWEET POTATO
BUTTER SPRAY
KERNEL SEASONS RANCH POPCORN SEASONING



SNACK

15 G LIGHT MAYO
30 G AVOCADO
5 OZ CHICKEN TENDERS (4 AFTER IT'S COOKED)
BUILT BAR (130 CALORIE BAR)



DINNER

1/2 CUP WHITE RICE
I CAN'T BELIEVE IT'S NOT BUTTER SPRAY
6 OUNCES COOKED 93% LEAN GROUND TURKEY (5 OZ
AFTER COOKED)
1 TSP MUSTARD
150 G ASPARAGUS