



Happy Thursday!

Can you believe this 1379 calorie day included 169 grams of protein? Excessive? Yes! Satiating? Absolutely!

It's no question that the higher my protein is, the smaller my appetite.

Whenever I have my protein below 100, with my carbs above 150g, the food noise starts to creep back in. (read [my thoughts on stopping food noise naturally, here](#)).

Which is why this day felt so successful for me! 169g of protein, and I felt fantastic. Lot's of energy, completely satisfied, and stayed out of the kitchen without effort.

1379 calories, 169 g protein, 95 g carbs, 25 g fat

Breakfast 45g Dave's Killer Bread, 21 Whole Grains & Seeds, 9 tbsp egg whites, 1 large egg, 1/4 cup fat free shredded cheddar

Lunch 4 oz cooked chicken breast, 25g sourdough bread croutons, 2 tbsp light ranch ([my sourdough crouton recipe here!](#))

Dinner 6 oz cooked chicken breasts, 1/2 cup cooked white rice, 8 fl oz cooked cauliflower , 1 tbsp grated parmesan

Snack 1 cup frozen wild blueberries, 170g nonfat Greek yogurt , 1

Lemon Meringue Built Puff Bar

1379 Calorie Day

169 g protein, 95 g carbs, 25 g fat



breakfast

**Egg whites, egg, FF cheddar
cheese, berries, Whole Wheat
Toast**
302 calories



lunch

**cooked chicken breast,
sourdough croutons, Bolthouse
Farms yogurt ranch**
304 calories



snack

**Built Bar Puff, frozen
blueberries, plain greek
yogurt**
320 calories



dinner

**Chicken breast, cooked white
rice, cooked cauliflower,
grated parmesan**
453 calories

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Need more chicken recipes? I've got 75+ chicken recipes on my blog!
[check them out here.](#)

Hope you enjoy! <3

Amy Roskelley

P.S. These meals are similar to the meals in my 1500 calorie meal plans book! You can get 30 days worth of meals that are [high in protein, and 1500 calories here.](#)

DISCOUNT CODES

- [MY SHOP!](#) Weight Loss meal plans and digital cookbooks
- [Clean Simple Eats:](#) Code: HEALTHBEET
- [Built Bar:](#) Code: HEALTHBEET
- [Skinny Syrups:](#) Code; HEALTHBEET
- [Gardyn](#) (indoor veggies- my latest obsession! coupon code IRL37QK8XWR)
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