

<b>Breakfast</b> - Protein smoothie	½ banana ½ cup berries 1 <u>tbsp</u> chia seeds 1 scoop protein powder 1 cup almond milk
<b>Lunch</b> - Satay chicken with green vegetables	½ cup chicken breast Homemade satay sauce (coconut milk, peanut butter, soy sauce, coconut sugar) 1 cup steamed green vegetables
<b>Dinner</b> - Salmon with vegetables	100g salmon 100g roast sweet potato 1 cup steamed green vegetables
<b>Snacks</b>	½ cup carrot sticks 3 tablespoons hummus or avocado dip