



FITNESS

PREMIER

DAY 1 OF THE FIX

MEAL ONE

1 scrambled egg
2 tbsp mashed avocado
1 slice sara lee whole grain bread

165 cals

MEAL TWO

2 slices sara lee whole grain bread
3 slices oscar mayer turkey bacon
2 slices tomato
1 leaf iceberg lettuce
1 bag skinny pop

287 cals

MEAL THREE

1.5oz barilla whole grain angel hair pasta
3oz jennie-o ground turkey
1/2 cup hunts fire roasted tomato
1/2 cup newmans own tomato basil sauce
1 cup spring mix salad
2 tbsp hidden valley light ranch

468 cals

MEAL FOUR

1 dotfit chocolate mint bar

160 cals