

HGC BLOCK PLAN DAY 2

Breakfast: Overnight Oats with blueberries (made with ½ cup oats + 1 tablespoon chia seeds + ½ cup nonfat milk + ½ cup plain, low-fat Greek yogurt + ½ cup blueberries) **NOTE:** You may skip chia seeds if you don't like them!

Morning snack: 1 banana + 1 oz raw almonds (23 almonds or/ 100 calorie pack!)

Lunch: 2 cups Veggie Soup (recipe below- or buy lower calorie, lower sodium soup)

OR : **Lunch:** 3 oz tuna + 2 cups mixed greens + 1 cup cherry tomatoes & chopped cucumber + 1 tablespoon vinaigrette

Afternoon snack: 1 cup broccoli & cauliflower + 2 tablespoons hummus

Dinner: 4 oz grilled chicken OR boneless chicken breast halves (6 oz each) + ½ cup roasted sweet potatoes + 1 cup roasted Brussels sprouts + 1 tablespoon olive oil

Notes: Chop the sweet potatoes and halve the Brussels sprouts, and place on a sheet pan. Drizzle with 2 teaspoons olive oil, season with salt and pepper, and toss to coat. Roast at 450°F (230°C) until tender, about 15 minutes. Brush the chicken with 1 teaspoon olive oil and season with salt and pepper. Grill over medium-high heat until marked and no longer pink in the center, about 5 minutes per side.

Sautee the chicken in a pan if preferred! Heat the oil in a medium skillet over medium-high heat until shimmering. Season both sides of the chicken breasts with pepper and place them skin side down in the pan. Cook, turning once, until firm to the touch, about 5 minutes per side.

Transfer the chicken breasts to a plate

1,303 TOTAL CALORIES FOR THE DAY

Overnight Oats

INGREDIENTS

½ cup (1½ oz/45 g) rolled oats
1 tablespoon chia seeds
½ cup (4 fl oz/125 ml) nonfat milk
½ cup (4 oz/125 g) plain, low-fat Greek yogurt
¼ teaspoon pure vanilla extract
½ teaspoon grated lemon zest
½ cup (2 oz/60 g) blueberries, strawberries, or a combo

INSTRUCTIONS

In a jar or container with a tightly fitted lid, combine the oats and chia seeds. Add the milk, yogurt, vanilla, and lemon zest. Stir to combine, cover, and refrigerate overnight or up to 5 days. Stir and top with fresh berries right before serving.

MAKES 8 SERVINGS
SERVING SIZE: 2 CUPS (16 FL OZ/500 ML)

Nutrition Facts (per serving)

Calories 399
Protein 25 g
Total fat 10 g
Saturated fat 3 g
Carbs 55 g
Fiber 11 g
Total sugar 19 g
Added sugar 0 g
Sodium 99 mg