

## HGC BLOCK PLAN DAY 6

**Breakfast:** 1 scrambled egg (or 2 scrambled egg whites) + ½ cup black beans + 1 low calorie whole-wheat tortilla (Trader Joe's Handmade 100% Whole Wheat Flour Tortillas)

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

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

**Afternoon snack:** 1 cup broccoli & 1 cup 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 asparagus + 1 tablespoon olive oil

**Notes:** Chop the sweet potatoes and break the ends of the Asparagus, and place on a sheet pan. Drizzle with 2 teaspoons olive oil, season with light 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 light salt and pepper. Grill over medium-high heat until marked and no longer pink in the center, about 5 minutes per side.

**OR**

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**