

## **Rob Showfety – 4 feedings a day**

Weigh and measure all quantities!

Prep – cook a couple of chicken breasts the night before and refrigerate to make it easier!!!

### **Meal 1 – breakfast (5-2-14)**

5 eggs  
1 apple  
1 Tbsp + 2 Tsp canola oil

Beat canola oil into eggs, then scramble. Season w/ pepper.

### **Meal 2 (4-2-10)**

4 oz deli ham or turkey (usually 2 slices)  
2.5 cups of broccoli  
1 Tbsp olive oil

Steam broccoli in ziplock steamer bag w/ red pepper flakes and garlic powder. Drizzle with olive oil when done.

### **Meal 3 – lunch (4-2-10)**

4 oz chicken breast (about the same size and thickness as the palm of your hand)  
2.5 cups cooked spinach  
30 almonds

Season raw chicken w/ seasoning of choice. Most grocery stores sell a chicken “rub” that works well. BROIL chicken until just done. Do not overcook.

### **Meal 5 – dinner (4-2-10)**

4 oz chicken breast  
Lettuce of choice for salad (use as much as you want)  
1/2 cup diced tomato  
1/2 cup diced cucumber  
Dressing: 2 Tbsp balsamic vinegar + 1 Tbsp olive oil (shaken together)