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## **Day 2, Meal 3: Pre-Workout Meal: Protein-Stuffed Tortilla**

### **Ingredients:**

FitMiss Chocolate Delight protein powder, 1 scoop

Plain low-fat Greek yogurt, 2 oz.

Whole-grain tortilla, 1 8-inch tortilla

### **Directions:**

1. Mix the protein powder and Greek yogurt together. Add a splash of water if needed to achieve a smooth consistency.
2. Spread the filling over a tortilla, roll it up, and enjoy!

### **Nutrition Facts:**

Serving size: 1 filled tortilla

Recipe yields 1 serving

Calories: 274

Fat: 6 g

Carbs: 29 g

Protein: 24 g