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Day 5, Meal 1: Breakfast: Pumpkin Overnight Oatmeal

Ingredients:

Oats, uncooked 1/2 cup
FitMiss Vanilla Chai protein powder, 1 scoop
Cinnamon, 1 tsp
Pumpkin spice seasoning, 1 tsp
Pumpkin puree, 1/2 cup
Unsweetened almond milk, 4 oz.
Plain low-fat Greek yogurt, 1/4 cup

Directions:

1. Add the oats, protein powder, and seasoning to a Tupperware container, and mix the ingredients thoroughly.
2. Add the pumpkin, milk, and Greek yogurt. Fully combine the ingredients, seal the container, and store it in the fridge for at least 2 hours, but preferably overnight.

Nutrition Facts:

Serving size: 1 serving
Recipe yields 1 serving

Calories: 375
Fat: 7 g
Carbohydrates: 50 g
Protein: 28 g