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Day 7, Meal 2: Lunch: Egg Salad Sandwich

Eggs, hard-boiled, 3 large
Plain low-fat Greek yogurt, 1/2 cup
Dijon mustard, 1 tbsp
Garlic powder, 1 tsp
Onion powder, 1/2 tsp
Salt, to taste
Pepper, to taste
Paprika, garnish
Whole-grain bread, 1 slice

Directions

1. Combine the eggs, yogurt, mustard, and seasonings. Mix thoroughly.
2. Slather the egg salad on a piece of toasted bread.

Nutrition Facts

Serving size: 1 sandwich
Recipe yields 1 serving

Calories: 362
Fat: 18 g
Carbohydrates: 25 g
Protein: 25 g