



**BODYBUILDING.com**<sup>™</sup>

## **Day 7, Meal 4: Post-Workout Meal: Pork Tenderloin with Rice and Beans**

### **Ingredients**

Pork tenderloin, 3 oz.

Wild rice, cooked, 3/4 cup

Steamed green beans, 1 cup

### **Directions**

1. Season the pork to taste, and broil it for 4-6 minutes on each side.
2. Pair the pork with rice and green beans.

### **Nutrition Facts**

Serving size: 1 plate

Recipe yields 1 serving

Calories 262

Fat 2 g

Carbohydrates 37 g

Protein 24 g