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Day 7, Meal 3: Pre-Workout Meal: Turkey and Cheese Sandwich with Carrots

Ingredients

Whole-grain bread, 2 slices
Honey-roasted deli turkey breast, 3 oz.
Low-fat Swiss cheese, 1 slice
Romaine lettuce, 2 leaves,
Tomato, 2 slices,
Low-fat honey mustard dressing, 2 tbsp
Carrots, 3 oz.

Directions

1. Slather the honey mustard on both sides of the bread, and layer the turkey, cheese, lettuce and tomatoes as you see fit.
2. Cut at an angle and serve with a side of carrots.

Nutrition Facts

Serving size: 1 sandwich
Recipe yields 1 serving

Calories: 344
Fat: 8 g
Carbs: 37 g
Protein: 31 g