

**STRONG TO THE COR**  
6-WEEK CHALLENGE

**WEEK 3 RECIPES ///  
DINNER**

POWERED BY  **CELLUCOR**

**FRENCH TOAST STICKS**

This may not seem like training-friendly food, but look closer. Egg whites, whole-grain bread, and a little protein-packed peanut butter are a great way to end the day.



**INGREDIENTS**

- 150g Egg Whites
- 2 Slices Bread (*I use P28 Bread.*)
- 20g Peanut Butter

**INSTRUCTIONS**

- Step 1 ///**  
Pour egg whites into shallow dish.
- Step 2 ///**  
Soak bread in egg whites until saturated
- Step 3 ///**  
Heat a lightly oiled pan over medium-high heat. Brown bread on both sides.
- Step 4 ///**  
Remove bread, and spread peanut butter over surface of bread.
- Step 5 ///**  
Cut into finger-size sticks.

**NUTRITION FACTS**

	Quantity/g	Protein	Carbs	Fats	Calories
EGG WHITES ONLY	150	16.2	0.6	0.6	73
P28 BREAD	2	28	24	7	190
PEANUT BUTTER	20	5	3.9	10.1	127
<b>▶ TOTAL</b>		<b>49</b>	<b>29</b>	<b>18</b>	<b>470</b>