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