Day 2, Meal 3: Pre-Workout Meal: Protein-Stuffed Tortilla

**Ingredients:**
FitMiss Chocolate Delight protein powder, 1 scoop  
Plain low-fat Greek yogurt, 2 oz.  
Whole-grain tortilla, 1 8-inch tortilla

**Directions:**
1. Mix the protein powder and Greek yogurt together. Add a splash of water if needed to achieve a smooth consistency.  
2. Spread the filling over a tortilla, roll it up, and enjoy!

**Nutrition Facts:**
Serving size: 1 filled tortilla  
Recipe yields 1 serving  

Calories: 274  
Fat: 6 g  
Carbs: 29 g  
Protein: 24 g