Day 5, Meal 1: Breakfast: Pumpkin Overnight Oatmeal

**Ingredients:**
- Oats, uncooked 1/2 cup
- FitMiss Vanilla Chai protein powder, 1 scoop
- Cinnamon, 1 tsp
- Pumpkin spice seasoning, 1 tsp
- Pumpkin puree, 1/2 cup
- Unsweetened almond milk, 4 oz.
- Plain low-fat Greek yogurt, 1/4 cup

**Directions:**
1. Add the oats, protein powder, and seasoning to a Tupperware container, and mix the ingredients thoroughly.
2. Add the pumpkin, milk, and Greek yogurt. Fully combine the ingredients, seal the container, and store it in the fridge for at least 2 hours, but preferably overnight.

**Nutrition Facts:**
- Serving size: 1 serving
- Recipe yields 1 serving
- Calories: 375
- Fat: 7 g
- Carbohydrates: 50 g
- Protein: 28 g