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Day 6, Meal 1: Breakfast: Tropical Overnight Oatmeal

Ingredients:

- Oats, 1/2 cup
- Plain low-fat Greek yogurt, 1/4 cup
- FitMiss Vanilla Chai protein powder, 1 scoop
- Water, 1/2 cup
- Pineapple, 1/2 cup
- Coconut oil, 1 tbsp
- Cinnamon, to taste
- Sweetener, 1 tsp

Directions:

1. Melt the coconut oil in the microwave until it turns to liquid, about 10-15 seconds.
2. Stir the coconut oil and the rest of the ingredients together in a bowl.
3. Refrigerate the oatmeal for at least 2 hours, but preferably overnight.

Nutrition Information:

Serving size: 1 serving

Recipe yields 1 serving

Calories: 463

Fat: 19 g

Carbs: 45 g

Protein: 28 g