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