Day 7, Meal 3: Pre-Workout Meal: Turkey and Cheese Sandwich with Carrots

**Ingredients**
Whole-grain bread, 2 slices  
Honey-roasted deli turkey breast, 3 oz.  
Low-fat Swiss cheese, 1 slice  
Romaine lettuce, 2 leaves,  
Tomato, 2 slices,  
Low-fat honey mustard dressing, 2 tbsp  
Carrots, 3 oz.

**Directions**
1. Slather the honey mustard on both sides of the bread, and layer the turkey, cheese, lettuce and tomatoes as you see fit.  
2. Cut at an angle and serve with a side of carrots.

**Nutrition Facts**
Serving size: 1 sandwich  
Recipe yields 1 serving

Calories: 344  
Fat: 8 g  
Carbs: 37 g  
Protein: 31 g