



Chicken w/whole wheat pasta

30g carbs worth of whole wheat pasta, cooked

1 green and 1 yellow squash

4oz. mushrooms, sliced

30g protein worth of chicken, precooked and seasoned

Spray non stick pan with PAM or olive oil spray and add in squash and mushrooms

Season lightly with salt and garlic powder

When squash is softened, add in pasta and chicken to warm

Heat thoroughly, and dust with grated parmesan cheese

Serve

30g protein/30g carb/4g fat