

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Wake-Up
Morning Mojo
Morning Mojo
Morning Mojo
Morning Mojo
Morning Mojo
Morning Mojo
Morning Mojo

Breakfast
Vanilla Cherry

Smoothie

Avocado Toast with Poached Egg + Mixed Berries
Quick Veggie Scramble
Vanilla Cherry

Smoothie

Cinnamon Chia-Blueberry Smoothie
Leftover Fajitas + Scramble! (see Fajita Scramble Recipe!)
Zucchini & Turkey Skillet + Sliced Avocado

Snack

Yogurt & Berries
Yogurt & Berries
Smoked Salmon & Tomato
Apple & 2 Tbsp. Almond Butter
Smoked Salmon & Tomato
Raw Walnuts + Mixed Berries
Healthy Trail Mix

Lunch

Leftover Chicken & Butternut Squash Salad + Sliced Avocado
Leftover World's Best Turkey Chili
Leftover Homemade Fajitas + Sliced Avocado
Leftover Homemade Fajitas

Leftover Pork Chops with Green Beans, Artichoke, & Tomatoes
The "BIG" Veggie Salad + Mom's Balsamic Dressing
Leftover Ginger Steamed Cod + Roasted Carrots

Dinner

Leftover World's Best Turkey Chili
Homemade Fajitas
The "BIG" Veggie Salad + Mom's Balsamic Dressing
Pork Chops w/ Green Beans, Artichoke, & Tomatoes
CHEAT MEAL!
Ginger Steamed Cod Fillets + Roasted Carrots
Kale & Apple Tuna Salad

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