

# TRANSFORMATION CHALLENGE

# MEAL GUIDE

*Week 1*

	WAKE-UP	BREAKFAST	SNACK	LUNCH	DINNER
<b>MON</b>	Morning Mojo	Berry Green Smoothie	Apple	Veggie "Detox" Lettuce Wraps	Large Green Salad w/ lots of veggies + Fresh Squeezed lemon for dressing
<b>TUE</b>	Morning Mojo	Berry Green Smoothie	Apple	Veggie "Detox" Lettuce Wraps	1.5 cups Zucchini & Fennel Soup
<b>WED</b>	Morning Mojo	Mighty Brain Booster Smoothie	Apple with 1 Tb Almond Butter	2 Chicken Salad Roll-Ups with 1 cup Zucchini & Fennel Soup	Citrus Fish Tacos + ½ sweet potato
<b>THUR</b>	Morning Mojo	Chocolate Avocado Smoothie	1 cup Zucchini & Fennel Soup	Leftover Citrus Fish Tacos + ½ sweet potato	Hummus Chicken & Veggies
<b>FRI</b>	Morning Mojo	Pumpkin Protein Pancakes w/ ½ cup berries + raw walnuts	Apple with 1 Tb Almond Butter	Leftover Hummus Chicken & veggies + ½ sweet potato	<b>CHEAT MEAL!</b>
<b>SAT</b>	Morning Mojo	Saturday Morning Power Skillet	Berry Green Smoothie	Leftover Hummus Chicken with veggies + small Green Salad	Bowl Grass-fed Chili
<b>SUN</b>	Morning Mojo	Veggie Scramble with leftover Hash	Apple	Leftover Chili + Small Green Salad	Kitchen Sink Salad

