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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Wake-Up** | Morning Mojo | Morning Mojo | Morning Mojo | Morning Mojo | Morning Mojo | Morning Mojo | Morning Mojo |
| **Breakfast** | Cinnamon Chia-Blueberry Smoothie | Strawberry Almond Protein  Smoothie | Strawberry Almond Protein  Smoothie | Cinnamon & Vanilla  Smoothie | Almond Protein Pancakes | Quick Veggie Scramble + Mixed Berries | Leftover Quick Veggie Scramble |
| **Snack** | Raw Almonds | Raw Walnuts | Yogurt & Nuts | Leftover Amazing Detox Soup | Apple & 1 Tbsp. Almond Butter | Apple & 2 Tbsp. Almond Butter | Yogurt & Berries |
| **Lunch** | Veggie & Hummus Wraps + Sliced Avocado | Leftover Veggie & Hummus Wraps + Sliced Avocado | Leftover Amazing Detox Soup + 5 oz. Pre-Cooked Chicken Breast | Leftover Easy Baked Salmon & Rainbow Veggies | Leftover Bruschetta Chicken + Roasted Broccoli | Leftover Bruschetta Chicken + Roasted Broccoli | Chicken & Butternut Squash Salad + Sliced Avocado |
| **Dinner** | Amazing Detox Soup + 5 oz. Pre-Cooked Chicken Breast | Leftover Amazing Detox Soup + 5 oz. Pre-Cooked Chicken Breast | Easy Baked Salmon & Rainbow Veggies | Bruschetta Chicken + Roasted Broccoli | CHEAT MEAL! | World’s Best Turkey Chili | Leftover World’s Best Turkey Chili |

Week 1: 6-Week Transformation Challenge