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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** | 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 |

Week 2: 6-Week Transformation Challenge