|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Wake-Up** | Morning Mojo | Morning Mojo | Morning Mojo | Morning Mojo | Morning Mojo | Morning Mojo | Morning Mojo |
| **Breakfast** | Leftover Zucchini & Turkey Skillet + Sliced Avocado | Leftover Zucchini & Turkey Skillet | Strawberry Almond Protein Smoothie | Quick Veggie Scramble | Strawberry Almond Protein Smoothie | Blueberry Cashew Smoothie | Sunday Brunch  (CHEAT MEAL!) |
| **Snack** | Raw Walnuts + Mixed Berries | Yogurt & Nuts | Raw Walnuts + Mixed Berries | Yogurt & Nuts | Celery & 1 Tbsp. Almond Butter | Celery & 1 Tbsp. Almond Butter | Water |
| **Lunch** | Leftover Kale & Apple Tuna Salad | The “BIG” Veggie Salad + Mom’s Balsamic Dressing | Leftover Chicken Sausage, Apples, & Peppers | Leftover Chicken Sausage, Apples, & Peppers | Giant Salad with Chicken + Mom’s Balsamic Dressing | Leftover One-Skillet Steak & Spinach + Roasted Cauliflower | Cinnamon Chia-Blueberry  Smoothie |
| **Dinner** | Chicken Sausage, Apples, & Peppers | Leftover Chicken Sausage, Apples, & Peppers | Pesto Topped Halibut + Roasted Cauliflower | Leftover Pesto Topped Halibut + Roasted Cauliflower | One-Skillet Steak & Spinach + Leftover Roasted Cauliflower | Roasted Squash & Turkey Bowls + Roasted Broccoli | Leftover Roasted Squash & Turkey Bowls + Roasted Broccoli |

Week 3: 6-Week Transformation Challenge