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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** | Strawberry Almond Protein  Smoothie | Zucchini Bread Overnight Oats + Scrambled Egg | Leftover Zucchini Bread Overnight Oats + Scrambled Egg | Strawberry & Banana Smoothie | Strawberry & Banana Smoothie | Cinnamon Chia-Blueberry Smoothie | Weekend Prosciutto, Eggs, & Avocado |
| **Snack** | Healthy  Trail Mix | Yogurt & Nuts | Raw Almonds | Quick Hummus & Veggies | Leftover Quick Hummus & Veggies | Yogurt & Berries | Apple with 1 Tbsp. Almond Butter |
| **Lunch** | Leftover Roasted Salmon with Green Beans & Tomato | Leftover Roasted Salmon with Green Beans & Tomato | Leftover Sweet Chicken Chili Meatballs + Sautéed Spinach | Leftover Sweet Chicken Chili Meatballs + Sautéed Spinach + ½ Sliced Avocado | Leftover Pork Tenderloin with Sweet Potato Mash + Roasted Broccoli | Kale & Apple Tuna Salad + ¼ Sliced Avocado | Leftover Kale & Apple Tuna Salad + ¼ Sliced Avocado |
| **Dinner** | Sweet Chicken Chili Meatballs + Sautéed Spinach + ¼ Sliced Avocado | Leftover Sweet Chicken Chili Meatballs + Sautéed Spinach + ¼ Sliced Avocado | Giant Salad with Chicken + Mom’s Balsamic Dressing | Pork Tenderloin with Sweet Potato Mash + Roasted Broccoli | CHEAT MEAL! | Leftover Pork Tenderloin with Sweet Potato Mash + Roasted Broccoli | Leftover Pork Tenderloin with Sweet Potato Mash |

Week 5: 6-Week Transformation Challenge