

Week 3 Meal Plan

	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