

Week 6 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	Blueberry Cashew Smoothie	Avocado Toast with Poached Egg	Blueberry Cashew Smoothie	Leftover Baked Halibut with Citrus Salsa + Roasted Butternut Squash	Cinnamon & Vanilla Smoothie	Leftover Sweet Potato, Turkey, & Kale Bake + Scrambled Egg	Almond Protein Pancakes + Scrambled Egg
Snack	Yogurt & Berries	Quick Hummus & Veggies	Apple with 1 Tbsp. Almond Butter	Yogurt & Berries	Healthy Trail Mix	Apple with 1 Tbsp. Almond Butter	Healthy Trail Mix
Lunch	Chicken, Apple, & Smashed Avocado Roll-Ups	Leftover Baked Halibut with Citrus Salsa + Roasted Butternut Squash	Veggie & Hummus Wraps + 5 oz. Pre-Cooked Chicken Breast	Leftover Veggie & Hummus Wraps + 5 oz. Pre-Cooked Chicken Breast	Leftover Sweet Potato, Turkey, & Kale Bake	Giant Salad with Chicken + Mom's Balsamic Dressing	Leftover Sweet Potato, Turkey, & Kale Bake + ¼ Sliced Avocado
Dinner	Baked Halibut with Citrus Salsa + Roasted Butternut Squash	Giant Salad with Chicken + Mom's Balsamic Dressing	Leftover Baked Halibut with Citrus Salsa + Roasted Butternut Squash	Sweet Potato, Turkey, & Kale Bake	CHEAT MEAL!	Leftover World's Best Turkey Chili	Leftover World's Best Turkey Chili