

Week 4 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	Strawberry Almond Protein Smoothie	Blueberry Cashew Smoothie	Blueberry Cashew Smoothie	Quick Veggie Scramble + 1 Slice Ezekiel Bread	Leftover Quick Veggie Scramble + 1 Slice Ezekiel Bread	Tropical Green Smoothie	Almond Protein Pancakes
Snack	Raw Almonds	Celery & 1 Tbsp. Almond Butter	Raw Walnuts	Yogurt & Berries	Apple & 2 Tbsp. Almond Butter	Healthy Trail Mix + Fresh Sliced Veggies	Healthy Trail Mix + Leftover Fresh Sliced Veggies
Lunch	Leftover Roasted Squash & Turkey Bowls + Roasted Broccoli	Leftover Turkey Burgers with Caramelized Onions + ½ Sliced Avocado	Leftover Turkey Burgers with Caramelized Onions + Sautéed Zucchini	Leftover Turkey Burgers with Caramelized Onions + Sautéed Zucchini	Leftover Bruschetta Chicken + Roasted Asparagus	Leftover Bruschetta Chicken + Roasted Asparagus	Leftover Bruschetta Chicken + Roasted Asparagus
Dinner	Turkey Burgers with Caramelized Onions + ½ Sliced Avocado + Poached Egg	Leftover Roasted Squash & Turkey Bowls + Sautéed Zucchini	Giant Salad with Chicken + Mom's Balsamic Dressing	Bruschetta Chicken + Roasted Asparagus	CHEAT MEAL!	Roasted Salmon with Green Beans & Tomato	Leftover Roasted Salmon with Green Beans & Tomato