

# Week 5 Meal Plan

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Wake-Up</b>	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo
<b>Breakfast</b>	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
<b>Snack</b>	Healthy Trail Mix	Yogurt & Nuts	Raw Almonds	Quick Hummus & Veggies	Leftover Quick Hummus & Veggies	Yogurt & Berries	Apple with 1 Tbsp. Almond Butter
<b>Lunch</b>	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
<b>Dinner</b>	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