

# Week 1 Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Wake-Up</b>	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo
<b>Breakfast</b>	Cinnamon Chia-Blueberry Smoothie	Strawberry Almond Protein Smoothie	Strawberry Almond Protein Smoothie	Cinnamon & Vanilla Smoothie	Almond Protein Pancakes	Quick Veggie Scramble + Mixed Berries	Leftover Quick Veggie Scramble
<b>Snack</b>	Raw Almonds	Raw Walnuts	Yogurt & Nuts	Leftover Amazing Detox Soup	Apple & 1 Tbsp. Almond Butter	Apple & 2 Tbsp. Almond Butter	Yogurt & Berries
<b>Lunch</b>	Veggie & Hummus Wraps + Sliced Avocado	Leftover Veggie & Hummus Wraps + Sliced Avocado	Leftover Amazing Detox Soup + 5 oz. Pre-Cooked Chicken Breast	Leftover Easy Baked Salmon & Rainbow Veggies	Leftover Bruschetta Chicken + Roasted Broccoli	Leftover Bruschetta Chicken + Roasted Broccoli	Chicken & Butternut Squash Salad + Sliced Avocado
<b>Dinner</b>	Amazing Detox Soup + 5 oz. Pre-Cooked Chicken Breast	Leftover Amazing Detox Soup + 5 oz. Pre-Cooked Chicken Breast	Easy Baked Salmon & Rainbow Veggies	Bruschetta Chicken + Roasted Broccoli	CHEAT MEAL!	World's Best Turkey Chili	Leftover World's Best Turkey Chili