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|  | 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 ProteinSmoothie | 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 |

Week 4: 6-Week Transformation Challenge