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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** | 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 |

Week 6: 6-Week Transformation Challenge