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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** | Chia Berry Smoothie | Chia Berry Smoothie | Brain Booster Smoothie | Chocolate Avocado Smoothie | Pumpkin Protein Pancakes w/ ½ cup berries + raw walnuts | Saturday Morning Power Skillet | Veggie Scramble with leftover Hash |
| **Snack** | Apple | Apple | Apple with 1 Tb Almond Butter | 1 cup Zucchini & Fennel Soup | Apple with 1 Tb Almond Butter | Chia Berry Smoothie | Apple |
| **Lunch** | Veggie “Detox” Lettuce Wraps  ½ cup quinoa or beans | Veggie “Detox” Lettuce Wraps  ½ cup quinoa or beans | 2 Chicken Salad Roll-Ups with 1 cup Zucchini & Fennel Soup | Leftover Citrus Fish Tacos + ½ sweet potato | Leftover Hummus Chicken & veggies + ½ sweet potato | Leftover Hummus Chicken with veggies + small Green Salad | Leftover Chili + Small Green Salad |
| **Dinner** | Large Green Salad w/ lots of veggies + Fresh Squeezed lemon for dressing, ½ cup quinoa or beans | 1.5 cups Zucchini & Fennel Soup | Citrus Fish Tacos + ½ sweet potato | Hummus Chicken & Veggies | CHEAT MEAL! | Bowl Grass-fed Chili | Kitchen Sink Salad |

Week 1: 2016 Transformation Challenge