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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** | Vanilla AlmondSmoothie | Berry Good MorningSmoothie | Overnight Quinoa + fresh berries | PumpkinSmoothie | Overnight Quinoa + fresh berries | 2 Frittata Muffins with Sliced Avocado & 1 Slice Ezekiel Bread | 2 Frittata Muffins with Sliced Avocado & 1 Slice Ezekiel Bread |
| **Snack** | ¼ cup Raw, Unsalted Nuts | 1 cup Leftover Chili | Greek Yogurt w/ Fresh Berries | Apple with 1 Tb Almond Butter | Greek Yogurt w/ Fresh Berries | Fresh Cut Veggies | Apple with 1 Tb Almond Butter |
| **Lunch** | 1 cup Leftover Chili with 1 slice Ezekiel Bread and small salad | Leftover Salmon Burger + Mango Salsa wish side of Broccoli | Leftover Salmon Burger crumbled over a green salad with Veggies | Leftover Turkey with Spinach & Cauliflower | 2 Veggie “Detox” Lettuce Wraps with Leftover Sesame Turkey | Leftover Pork Chops with Steamed Asparagus and ½ Sweet Potato | Simple Greek Salad with Chicken |
| **Dinner** | Salmon Burger with Mango Salsa + Steamed Broccoli | Kitchen Sink Salad | Sesame Crusted Turkey + Sautéed Spinach & Mashed Cauliflower | Kitchen Sink Salad | Pork Chops with Steamed Asparagus and leftover Mashed Cauliflower | CHEAT MEAL! | Bowl of Mom’s Minestrone |

Week 2: 2016 Transformation Challenge