Week 2: Nutrition Program Challenge

	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 Almond Smoothie	Berry Good Morning Smoothie	Overnight Quinoa + fresh berries	Pumpkin Smoothie	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