

# Week 1: 2016 Transformation Challenge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Wake-Up</b>	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo
<b>Breakfast</b>	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
<b>Snack</b>	Apple	Apple	Apple with 1 Tb Almond Butter	1 cup Zucchini & Fennel Soup	Apple with 1 Tb Almond Butter	Chia Berry Smoothie	Apple
<b>Lunch</b>	Veggie “Detox” Lettuce Wraps	Veggie “Detox” Lettuce Wraps	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
<b>Dinner</b>	Large Green Salad w/ lots of veggies + Fresh Squeezed lemon for dressing	1.5 cups Zucchini & Fennel Soup	Citrus Fish Tacos + ½ sweet potato	Hummus Chicken & Veggies	CHEAT MEAL!	Bowl Grass-fed Chili	Kitchen Sink Salad