

# Week 3: 2016 Transformation Challenge

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Wake-Up</b>	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo
<b>Breakfast</b>	Sprouted Protein Smoothie	2-3 Frittata Muffins with Sliced Avocado	Overnight Oats + fresh berries	Sprouted Protein Smoothie	Chia Berry Smoothie	Veggie Scramble with 1 Slice Ezekiel Bread	Pumpkin Pancakes w/ ½ banana + raw walnuts
<b>Snack</b>	Greek Yogurt w/ Fresh Berries	1 cup Mom's Minestrone	1 cup Mom's Minestrone	1 cup Mom's Minestrone	Greek Yogurt w/ Fresh Berries	Fresh Cut Veggies	Apple with 1 Tb. Almond Butter
<b>Lunch</b>	1 cup Mom's Minestrone with Salad & Veggies	Leftover Pan Seared Trout with Zucchini Pasta	Leftover Grass-fed Burger with Roasted Butternut Squash & Mixed Veggies	Leftover Grass-fed Burger with Roasted Butternut Squash & Mixed Veggies	Turkey Roll-Ups with Avocado + Fresh Veggies	Leftover Shrimp + Spaghetti Squash with Broccoli	Blueberry, Avocado, & Quinoa Salad
<b>Dinner</b>	Pan Seared Trout with Zucchini Pasta	Grass-fed Burger (no-bun) with Roasted Butternut Squash & Steamed Mixed Veggies	Kitchen Sink Salad	Breakfast for Dinner! Make a Veggie Omelet with a slice of Ezekiel Bread & sliced avocado (1/3 avocado)	Sautéed Shrimp w/ Spaghetti Squash & Roasted Broccoli	Cheat Meal	Kitchen Sink Salad