

## Week 2: “4 WEEKS TO FIT”

	<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>	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
<b>Snack</b>	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
<b>Lunch</b>	1 cup Leftover Chili with 1 slice Ezekiel Bread and small salad	Leftover Salmon Burger + Mango Salsa with 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
<b>Dinner</b>	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