

# Week 1: 2016 28 Day KickStart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Wake-Up</b>	Morning Mojo /Spark	Morning Mojo /Spark	Morning Mojo /Spark	Morning Mojo /Spark	Morning Mojo /Spark	Morning Mojo /Spark	Morning Mojo /Spark
<b>Breakfast</b>	Chia Berry Smoothie or Meal Replacement Shake	Chia Berry Smoothie or Meal Replacement Shake	Brain Booster Smoothie or Meal Replacement Shake	Chocolate Avocado Smoothie or Meal Replacement Shake	Pumpkin Protein Pancakes w/ ½ cup berries + raw walnuts or Meal Replacement Shake	Saturday Morning Power Skillet or Meal Replacement Shake	Veggie Scramble with leftover Hash or Meal Replacement Shake
<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