

Week 3: 2016 28 Day KickStart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-Up	Morning Mojo /Spark	Morning Mojo /Spark	Morning Mojo /Spark	Morning Mojo /Spark	Morning Mojo /Spark	Morning Mojo /Spark	Morning Mojo /Spark
Breakfast	Sprouted Protein Smoothie or Meal Replacement Shake	2-3 Frittata Muffins with Sliced Avocado or Meal Replacement Shake	Overnight Oats + fresh berries or Meal Replacement Shake	Sprouted Protein Smoothie or Meal Replacement Shake	Chia Berry Smoothie or Meal Replacement Shake	Veggie Scramble with 1 Slice Ezekiel Bread or Meal Replacement Shake	Pumpkin Pancakes w/ ½ banana + raw walnuts or Meal Replacement Shake
Snack	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
Lunch	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
Dinner	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