

Week 4: 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	Vanilla Almond Smoothie or Meal Replacement Shake	Berry Good Morning Smoothie or Meal Replacement Shake	Brain Booster Smoothie or Meal Replacement Shake	2 Frittata Muffins & Sliced Avocado or Meal Replacement Shake	2 Frittata Muffins & 1 Slice Ezekiel or Meal Replacement Shake	Saturday Morning Power Skillet or Meal Replacement Shake	Veggie Scramble with Leftover Hash or Meal Replacement Shake
Snack	Raw Veggies	2 oz. smoked salmon + sliced tomato	2 oz. smoked salmon + sliced tomato	Raw Veggies	Raw Veggies	Apple with 1 Tb Almond Butter	Raw Veggies
Lunch	Turkey Roll-Ups with Small Salad and an Apple	Leftover Cilantro Lime Chicken & Protein Grain Salad	Leftover Cilantro Lime Chicken & ¼ cup Protein Grain Salad	Leftover Butternut Squash Soup & an Apple	Chicken Salad Roll-Up with 1 cup Butternut Squash Soup	Chicken Salad Roll-Up with 1 cup Butternut Squash Soup	Leftover Broiled Salmon with Sautéed Spinach
Dinner	Cilantro Lime Chicken & Protein Grain Salad	Fennel, Pear, and Arugula Salad with sliced Turkey	Butternut Squash Soup and a small salad	Kitchen Sink Salad	CHEAT MEAL!	Broiled Salmon with Sautéed Spinach	Kitchen Sink Salad