

JUMPSTART 7 DAY MEAL PLAN/CHALLENGE

	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	WtW Power Smoothie	Greek Salad with Turkey Burger	Raw nuts and sea salt trail mix	Chicken breast with oven roasted vegetables
DAY 2	WtW Power Smoothie	Cole slaw and hemp seeds in Salad	Almond Power Bar	Grilled beef steak with green beans and roasted tomatoes
DAY 3	WtW Power Smoothie	Chicken salad on greens with almonds	Granny Smith apple with almond butter, cinnamon and pumpkin seeds	Cabbage Salad with hemp seeds
DAY 4	WtW Power Smoothie	Buffalo chicken wraps (chicken, hot sauce, blue cheese in lettuce)	Chopped coconut or coconut flakes	Mini grass-fed burgers with roasted cauliflower
DAY 5	WtW Power Smoothie	Chicken Caesar Salad	Red peppers and tahini dip	Fancy salmon over greens with sautéed zucchini
DAY 6	WtW Power Smoothie	Leftover salmon and greens	Baba <u>ganoush</u> and celery	Fish fry with steamed vegetables and salad
DAY 7	WtW Power Smoothie	Ground Turkey Zucchini Boats	Raw Vegetables and hummus	Chicken Roulade with Walnuts and Pecorino