

Week 7: 6-Week Transformation Challenge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-Up	Herbal Detox Tea	Herbal Detox Tea	Herbal Detox Tea	Herbal Detox Tea	Herbal Detox Tea	Herbal Detox Tea	Herbal Detox Tea
Breakfast	Cinnamon Chia-Blueberry Smoothie	Strawberry Almond Protein Smoothie	Strawberry Almond Protein Smoothie	Cinnamon & Vanilla Smoothie	Almond Protein Pancakes	Quick Veggie Scramble + Mixed Berries	Leftover Quick Veggie Scramble
Snack	Raw Almonds	Raw Walnuts	Yogurt & Nuts	Leftover Amazing Detox Soup	Apple & 1 Tbsp. Almond Butter	Apple & 2 Tbsp. Almond Butter	Yogurt & Berries
Lunch	Veggie & Hummus Wraps + Sliced Avocado	Leftover Veggie & Hummus Wraps + Sliced Avocado	Leftover Amazing Detox Soup + 5 oz. Pre-Cooked Chicken Breast	Leftover Easy Baked Salmon & Rainbow Veggies	Leftover Bruschetta Chicken + Roasted Broccoli	Leftover Bruschetta Chicken + Roasted Broccoli	Chicken & Butternut Squash Salad + Sliced Avocado
Dinner	Amazing Detox Soup + 5 oz. Pre-Cooked Chicken Breast	Leftover Amazing Detox Soup + 5 oz. Pre-Cooked Chicken Breast	Easy Baked Salmon & Rainbow Veggies	Bruschetta Chicken + Roasted Broccoli	FREE MEAL!	Roasted Squash & Turkey Bowls + Roasted Broccoli	Leftover Roasted Squash & Turkey Bowls + Roasted Broccoli