

Week 8: 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	Vanilla Cherry Smoothie	Avocado Toast with Poached Egg + Mixed Berries	Quick Veggie Scramble	Vanilla Cherry Smoothie	Cinnamon Chia-Blueberry Smoothie	Leftover Fajitas + Scramble! (see Fajita Scramble Recipe!)	Zucchini & Turkey Skillet + Sliced Avocado
Snack	Yogurt & Berries	Yogurt & Berries	Smoked Salmon & Tomato	Apple & 2 Tbsp. Almond Butter	Smoked Salmon & Tomato	Raw Walnuts + Mixed Berries	Healthy Trail Mix
Lunch	Leftover Chicken & Butternut Squash Salad + Sliced Avocado	Leftover Clean Chicken Tortilla Soup	Leftover Homemade Fajitas + Sliced Avocado	Leftover Homemade Fajitas	Leftover Turkey Tenderloin w/ Green Beans, Artichoke, & Tomatoes	The "BIG" Veggie Salad + Mom's Balsamic Dressing	Leftover Ginger Steamed Cod + Roasted Carrots
Dinner	Clean Chicken Tortilla Soup	Homemade Fajitas	The "BIG" Veggie Salad + Mom's Balsamic Dressing	Turkey Tenderloin w/ Green Beans, Artichoke, & Tomatoes	FREE MEAL!	Ginger Steamed Cod Fillets + Roasted Carrots	Leftover Clean Chicken Tortilla Soup With Guacamole