

TRANSFORM-IN-12 MEAL PLAN

Week 1



Day	Breakfast	Lunch	Dinner	Snack
Sunday	Brunch: Vegetable Egg Scramble 1-2 sausage links or bacon (try turkey sausage) Whole wheat or Ezekiel toast	Kale Brussels Sprouts Salad with smoked salmon or chicken breast chunks	Easy Crockpot Shredded Chicken with Parmesan Garlic Herbed Zoodles , and mixed greens salad	1 small or ½ large apple with 2 tbs organic peanut butter
Monday	1-2 Hard Boiled Eggs 1 slice Alvarado or Ezekiel sprouted toast ¼ avocado or ½ tbs grass fed butter	Romaine lettuce with Grilled Chicken Breast then add diced red peppers, diced cucumber, pepperoncini or banana pepper 1 tbs feta, 1 tbs homemade vinaigrette	Bison Burger & Oven Baked Fries Mixed greens salad With ¼ cup cherub tomatoes & ¼ cup avocado chunks 1 tbs Honey Dijon Vinaigrette	¼ cup plantains chips with 2 tbs hummus
Tuesday	Chocolate Nut Butter Breakfast Shake	Tasty Egg Salad served on 1 slice of whole wheat or Ezekiel bread with sliced tomatoes	Turkey Taco Salad 2 tbs Fresh Guacamole or avocado 1/2 cup corn chips or one small corn tortilla	1 cup cottage cheese ½ cup cherub tomatoes
Wednesday	1-2 Hard Boiled Eggs 1 slice Alvarado or Ezekiel sprouted toast ¼ avocado or ½ tbs grass fed butter	Turkey Taco Salad leftovers (one serving)	Cast Iron Steak with Chimichurri and vegetables over Quinoa	1 small or ½ large apple with 2 tbs organic peanut butter
Thursday	Overnight Oats	Leftover Chimichurri steak over bed of romaine lettuce or mixed greens, serve steak over greens with ½ cup quinoa and 1 tablespoon of chimichurri or dressing of your choice	Black Bean Burgers and Roasted Garlic Parmesan Cauliflower	1 rice cake with 1 Laughing Cow cheese wedge, Sprinkle with TJ's Everything but the Bagel Seasoning
Friday	1-2 Hard Boiled Eggs 1 slice Alvarado or Ezekiel sprouted toast ¼ avocado or ½ tbs grass fed butter	Any remaining leftovers served over bed of greens and quinoa	Instapot Shrimp Scampi with white wine fennel over zoodles	1 cup plain Greek yogurt ¼ cup Easy Granola or a ready-made granola with 10g or less sugar), ¼ cup diced fruit
Saturday	Brunch: Scrambled eggs 1 -2 sausage links or bacon Whole wheat or Ezekiel toast	Chocolate Nut Butter Shake	Out to dinner? Review your tracker and the rest of your weekend and choose something that's not going to destroy your whole day of hard work.	2 Peanut Butter Oat Bites