

# TRANSFORM-IN-12 MEAL PLAN

## Week 12



Day	Breakfast	Lunch	Dinner	Snack
Sunday	<a href="#">Breakfast Taquitos</a> ½ cup mixed berries	<a href="#">Cobb Sandwich Wraps</a>	<a href="#">Mediterranean Chicken Kebabs</a> with <a href="#">Perfect Brown Rice</a>	1 large rice cake with Laughing Cow cheese and Everything but the Bagel seasoning
Monday	<a href="#">Acai Bowl</a>	<a href="#">Tasty Egg Salad</a> serve on 1 slice of whole wheat or Ezekiel bread with sliced tomatoes	<a href="#">Baked Buffalo Chicken Wings</a> <a href="#">Baked Potato Wedges</a> Mixed greens salad with veggies 1 tbs <a href="#">Honey Dijon Vinaigrette</a>	1 small or ½ large apple with 2 tbs organic peanut butter
Tuesday	<a href="#">Overnight Oats</a>	Your Choice! Choose from the LLZ Lunch Recipes	<a href="#">Grilled White Fish Tacos with Cabbage Slaw</a> and <a href="#">Cilantro Lime Brown Rice</a>	Carrot & celery sticks with 2 tablespoons hummus
Wednesday	<a href="#">Berry Spinach Smoothie</a>	2 cups arugula greens chopped 4 oz shredded chicken breast ¼ cup Diced tomato ¼ cup Diced cucumber ¼ cup walnut pieces 1 tbs shredded mozzarella cheese 1 tbs <a href="#">Honey Dijon Vinaigrette</a> or dressing of your choice	<a href="#">Ground Turkey &amp; Portabella Lettuce Cups</a> and leftover Cilantro Lime Brown Rice	2 <a href="#">Peanut Butter Oat Bites</a>
Thursday	<a href="#">Avocado Toast with Poached Egg</a>	<a href="#">Turkey Roll-ups</a> 1 cup cottage cheese and ½ cup pineapple chunks or melon	<a href="#">Slow Cooker Green Chili Beef</a>	Dry roasted or raw almonds – one serving is 23 almonds
Friday	<a href="#">Overnight Oats</a>	Leftover Slow Cooker Green Chili Beef with two corn tortillas and ½ avocado	<a href="#">Black Bean Burgers</a> with <a href="#">Crispy Roasted Brussel Sprouts</a>	1 cup plain Greek yogurt ¼ cup <a href="#">Easy Granola</a> or a ready-made granola with 10g or less sugar), ¼ cup diced fruit
Saturday	Scrambled eggs 1 -2 sausage links or bacon 1 cup cantaloupe or honeydew melon Whole wheat or Ezekiel toast	<a href="#">Peanut Banana Cinnamon Smoothie</a>	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.	<a href="#">Crispy Roasted Chickpeas</a>