

TRANSFORM-IN-12 MEAL PLAN

Week 3



Day	Breakfast	Lunch	Dinner	Snack
Monday	2 Scrambled or fried eggs 1-2 sausage links or bacon Whole wheat or Ezekiel toast	2 cups mixed baby greens ¼ cup green apple chunks 2 teaspoons dried cranberries ¼ cup avocado chunks ¼ cup roasted pistachio pieces 1 tablespoon feta or goat cheese 4 oz shredded chicken breast 1 tbs Honey Dijon Vinaigrette or dressing of your choice	Whole Roasted Chicken with Roasted Garlic Parmesan Cauliflower and veggie sticks	1 small or ½ large apple with 2 tbs organic peanut butter
Tuesday	Spinach Mango Smoothie	Chicken Salad on Whole Grain or Ezekiel Toast	Pan Seared Salmon with Brown Rice and Asian Slaw	1 cup plain Greek yogurt ¼ cup Easy Granola or a ready-made granola with 10g or less sugar), ¼ cup diced fruit ²
Wednesday	Overnight Oats	Mixed greens & salmon salad with ¼ cup grape tomatoes, ¼ cup cucumber, and ¼ cup avocado chunks, 1 tablespoon grated parmesan cheese 1 tbs Oil & Vinegar dressing	Italian Portabella and Bison Meatballs	Crispy Roasted Chickpeas
Thursday	Your choice! Choose from the LLZ Breakfast recipes.	Leftover Bison Meatballs, brown rice and raw veggie sticks	Turkey Taco Salad 2 tbs fresh guacamole or avocado ½ cup corn chips or one small corn tortilla	Carrot & celery sticks with 2 tablespoons hummus
Friday	Easy Breakfast Quesadilla ½ to ¾ cup fresh mixed berries	Greek Yogurt Smoothie	Bison Burger & Oven Baked Fries Mixed greens salad with your choice of veggies and 1 tbs dressing	Peanut Butter Oat Bites
Saturday	Southwest Breakfast Bowl	Turkey Roll-ups with veggie sticks and Vegan Garlic Dip	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.	1 large rice cake with Laughing Cow cheese and Everything but the Bagel seasoning
Sunday	2 Kodiak Power Waffles (frozen foods section) topped with ½ cup Greek yogurt and ¾ cup mixed berries then drizzled with a small amount of maple syrup or agave nectar/syrup	Your choice! Choose from LLZ Lunch recipes	Instapot Shrimp Scampi	¼ cup plantains chips with salsa with Vegan Garlic Dip