

TRANSFORM-IN-12 MEAL PLAN

Week 4



Day	Breakfast	Lunch	Dinner	Snack
Sunday	Leftover Sausage Egg Bake ½ Sprouted Grain Ezekiel muffin		Grilled White Fish with Spicy Slaw with Simple Black Beans	1 rice cake with 1 Laughing Cow cheese wedge, Sprinkle with TJ's Everything but the Bagel Seasoning
Monday	Overnight Oats	Turkey Roll-ups Cottage cheese Sliced tomatoes	Bison Burger & Oven Baked Fries Mixed greens salad with cherub tomatoes, avocado chunks, 1 tbs Honey Dijon Vinaigrette	1 small or ½ large apple with 2 tbs organic peanut butter
Tuesday	Southwest Breakfast Bowl	Grilled Chicken Breast Mixed greens salad with diced cucumber, diced tomato, diced black olives, 1 tbs of feta cheese and 1tbs dressing of choice	Your choice! Choose from any of the LLZ Dinner Recipes & Sides	2 Peanut Butter Oat Bites
Wednesday	Avocado Toast with Smoked Salmon	Spinach Mango Smoothie with 1 scoop of your favorite protein	Easy Crockpot Shredded Chicken and Honey Roasted Carrots Mixed greens salad with your choice of veggies, 1 tbs cheese and 1 tbs salad dressing	Dry roasted or raw almonds – one serving is approximately 23 almonds
Thursday	Peanut Banana Cinnamon Smoothie	Leftover Shredded Chicken Cottage Cheese with Veggie Sticks with hummus	Instapot Herbed Spaghetti Squash with Italian Portabella and Bison Meatballs	¼ cup plantains chips with 2 tbs hummus
Friday	2 Kodiak Power Waffles (frozen food section) topped with Greek yogurt and mixed berries then drizzled with a small amount of maple syrup or agave nectar/syrup	Leftover Instapot Herbed Spaghetti Squash and Italian Portabella and Bison Meatballs	Slow Cooker Shredded Beef and Spanish Rice	1 cup plain Greek yogurt ¼ cup Easy Granola or a ready-made granola with 10g or less sugar), ¼ cup diced fruit
Saturday	Sausage Egg Bake Mixed berries or fresh melon	Leftovers	Shrimp Fajitas with leftover Spanish Rice	2 Peanut Butter Oat Bites