

TRANSFORM-IN-12 MEAL PLAN

Week 5



Day	Breakfast	Lunch	Dinner	Snack
Sunday	Vegetable Egg Scramble	Baked Buffalo Chicken Wings with raw veggie sticks and Baked Potato Wedges	Ground Turkey with Portabella Lettuce Cups with Cilantro Lime Brown Rice	1 small apple or ½ large with 2 tbs organic almond or peanut butter
Monday	Berry Spinach Smoothie	Chicken Breast Chunks and Parmesan Garlic Herb Zoodles	Baked Salmon with Brown Rice and Asian Slaw	Carrot & celery sticks with hummus
Tuesday	Your Choice! Choose from the LLZ Breakfast recipes.	Leftover Baked Salmon with Brown Rice and Asian Slaw	Mediterranean Chicken Kebabs with Simple Lemon Parsley Cauliflower Rice	1 rice cake with 1 Laughing Cow cheese wedge, sprinkle with TJ's Everything but the Bagel seasoning
Wednesday	2 Kodiak Power Waffles (frozen foods section) with ½ Greek yogurt, ½ cup mixed berries, then drizzled with maple syrup or agave nectar	Leftover Mediterranean Chicken Kebabs	Black Bean Burgers with Easy Broccoli with Goat Cheese	Dry roasted or raw almonds – one serving is approximately 23 almonds
Thursday	Breakfast Egg Muffins	2 cups chopped greens (arugula, super greens or spinach), shredded chicken breast, diced tomatoes, diced cucumber, ¼ cup walnut pieces, 1 tbs shredded parmesan cheese, 1 tbs dressing of choice	Panang Chicken Curry and Perfect Brown Rice	¼ - ½ cup plantains chips with Vegan Garlic dip
Friday	Overnight Oats	Your choice! Choose from any LLZ Lunch & Sides recipes	Whole Roasted Chicken with Baked Potato Wedges Mixed greens salad with grape tomatoes, avocado chunks, 1 tbs grated parmesan cheese, 1 tbs Oil & Vinegar dressing	2 Peanut Butter Oat Bites
Saturday	Two fried, scrambled or poached eggs with Yukon Gold & Sweet Potato Breakfast Hash	Leftover Whole Roasted Chicken and Crispy Roasted Brussel Sprouts with Fish Sauce	Your choice! Choose from any LLZ Dinner & Sides recipes	1 Cup Greek yogurt with ¼ cup Easy Granola or a ready-made granola with 10g or less sugar, ¼ cup diced fruit