

TRANSFORM-IN-12 MEAL PLAN

Week 7



Day	Breakfast	Lunch	Dinner	Snack
Sunday	Breakfast Taquitos ½ cup mixed berries	Cobb Sandwich Wraps	Mediterranean Chicken Kebabs with Perfect Brown Rice	1 large rice cake with Laughing Cow cheese and Everything but the Bagel seasoning
Monday	Acai Bowl	Tasty Egg Salad serve on 1 slice of whole wheat or Ezekiel bread with sliced tomatoes	Baked Buffalo Chicken Wings Baked Potato Wedges Mixed greens salad with veggies 1 tbs Honey Dijon Vinaigrette	1 small or ½ large apple with 2 tbs organic peanut butter
Tuesday	Overnight Oats	Your Choice! Choose from the LLZ Lunch Recipes	Grilled White Fish Tacos with Cabbage Slaw and Cilantro Lime Brown Rice	Carrot & celery sticks with 2 tablespoons hummus
Wednesday	Berry Spinach Smoothie	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 Honey Dijon Vinaigrette or dressing of your choice	Ground Turkey & Portabella Lettuce Cups and leftover Cilantro Lime Brown Rice	2 Peanut Butter Oat Bites
Thursday	Avocado Toast with Poached Egg	Turkey Roll-ups 1 cup cottage cheese and ½ cup pineapple chunks or melon	Slow Cooker Green Chili Beef	Dry roasted or raw almonds – one serving is 23 almonds
Friday	Overnight Oats	Leftover Slow Cooker Green Chili Beef with two corn tortillas and ½ avocado	Black Bean Burgers with Crispy Roasted Brussel Sprouts	1 cup plain Greek yogurt ¼ cup Easy Granola 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	Peanut Banana Cinnamon Smoothie	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.	Crispy Roasted Chickpeas