

# TRANSFORM-IN-12 MEAL PLAN

## Week 9



Day	Breakfast	Lunch	Dinner	Snack
Sunday	Leftover <a href="#">Sausage Egg Bake</a> ½ Sprouted Grain Ezekiel muffin		<a href="#">Grilled White Fish with Spicy Slaw</a> with <a href="#">Simple Black Beans</a>	1 rice cake with 1 Laughing Cow cheese wedge, Sprinkle with TJ's Everything but the Bagel Seasoning
Monday	<a href="#">Overnight Oats</a>	<a href="#">Turkey Roll-ups</a> Cottage cheese Sliced tomatoes	<a href="#">Bison Burger &amp; Oven Baked Fries</a> Mixed greens salad with cherub tomatoes, avocado chunks, 1 tbs <a href="#">Honey Dijon Vinaigrette</a>	1 small or ½ large apple with 2 tbs organic peanut butter
Tuesday	<a href="#">Southwest Breakfast Bowl</a>	<a href="#">Grilled Chicken Breast</a> 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 <a href="#">Peanut Butter Oat Bites</a>
Wednesday	<a href="#">Avocado Toast</a> with Smoked Salmon	<a href="#">Spinach Mango Smoothie</a> with 1 scoop of your favorite protein	<a href="#">Easy Crockpot Shredded Chicken</a> and <a href="#">Honey Roasted Carrots</a> 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	<a href="#">Peanut Banana Cinnamon Smoothie</a>	Leftover Shredded Chicken Cottage Cheese with Veggie Sticks with hummus	<a href="#">Instapot Herbed Spaghetti Squash</a> with <a href="#">Italian Portabella and Bison Meatballs</a>	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 <a href="#">Italian Portabella and Bison Meatballs</a>	<a href="#">Slow Cooker Shredded Beef</a> and Spanish Rice	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	<a href="#">Sausage Egg Bake</a> Mixed berries or fresh melon	Leftovers	<a href="#">Shrimp Fajitas</a> with leftover Spanish Rice	2 <a href="#">Peanut Butter Oat Bites</a>