


Week #1: Love Your Body Bootcamp

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Green Smoothie	Green Smoothie	Green Smoothie	Green Smoothie w/ Protein Powder	Choc & Coconut Superfood Shake -or- Green Smoothie w/ Protein	Pumpkin Pancakes with blueberries, banana & pecans	Frittata with zucchini, onion, tomato, spinach, & bacon (save leftovers for Tue)
Snack	water	water	Protein Bar	¼ cup homemade trail mix	1 Hard Boiled Egg w/ 1 cup baby carrots	Kale Chips	1 cup baby carrots & small spoonful of almond butter
Lunch	Large Green Salad w/ veggies & 1 Tbs. Apple Cider Vinaigrette	“Naked” Lettuce Wrap w/ Veggies	4 oz. Tky Burger (no bun) with grilled onions, 1/3 an Avocado, tomato, & an apple	“Naked” Lettuce Wrap with Veg & 4 oz. tuna	Large Green Salad with 4 oz. sliced Turkey, Veggies, ¼ sliced Avocado & 1 Tbs. Balsamic Vin.	Leftover Salmon & Veggies with a small salad & splash of Balsamic Vin.	Large Green Salad w/ veggies, Crumbled Tky Burger, ¼ sliced Avocado & 1 Tbs. Balsamic Vin.
Dinner	“Naked” Lettuce Wrap with Veg and 2 oz. Sliced Turkey	Large Green Salad w/ veggies, 3 oz. Tuna & 1 Tbs. Apple Cider Vinaigrette	Large Green Salad w/ veggies, 4oz. Sliced Turkey, & 1 Tbs. Balsamic Vinaigrette	Chopped Turkey Burger w/ Spaghetti Squash, Tomato Sauce, & Steamed Broccoli	Quick & Easy Baked Salmon w/ leftover Spaghetti Squash	TREAT MEAL!!	Grilled Pork Chops w/ Mango Salsa & Steamed Asparagus (make salsa ahead)
Supplements	none	none	[Fish Oil + Multi]	[Fish Oil + Multi]	[Multi]	[Multi]	[Fish Oil + Multi]