

## Week 6 MENU

## New Year, New You Transformation Challenge

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Wake-Up</b>	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo
<b>Breakfast</b>	Blueberry Cashew Smoothie	Avocado Toast with Poached Egg	Blueberry Cashew Smoothie	Leftover Baked Halibut with Citrus Salsa + Roasted Butternut Squash	Cinnamon & Vanilla Smoothie	Leftover Sweet Potato, Turkey, & Kale Bake + Scrambled Egg	Almond Protein Pancakes + Scrambled Egg
<b>Snack</b>	Yogurt & Berries	Quick Hummus & Veggies	Apple with 1 Tbsp. Almond Butter	Yogurt & Berries	Healthy Trail Mix	Apple with 1 Tbsp. Almond Butter	Healthy Trail Mix
<b>Lunch</b>	Chicken, Apple, & Smashed Avocado Roll-Ups	Leftover Baked Halibut with Citrus Salsa + Roasted Butternut Squash	Veggie & Hummus Wraps + 5 oz. Pre-Cooked Chicken Breast	Leftover Veggie & Hummus Wraps + 5 oz. Pre-Cooked Chicken Breast	Leftover Sweet Potato, Turkey, & Kale Bake	Giant Salad with Chicken + Mom's Balsamic Dressing	Leftover Sweet Potato, Turkey, & Kale Bake + ¼ Sliced Avocado
<b>Dinner</b>	Baked Halibut with Citrus Salsa + Roasted Butternut Squash	Giant Salad with Chicken + Mom's Balsamic Dressing	Leftover Baked Halibut with Citrus Salsa + Roasted Butternut Squash	Sweet Potato, Turkey, & Kale Bake	CHEAT MEAL!	Leftover World's Best Turkey Chili	Leftover World's Best Turkey Chili

