

Day 1

8-Day *Jumpstart*

MEAL PLAN

	Recipe	Calories
BREAKFAST	Peanut Butter Lean Shake	304
MID- MORNING SNACK	1 C Edamame	189
LUNCH	Turkey Taco Lettuce Wraps	222
MID- AFTERNOON SNACK	¼ C Walnuts	131
DINNER	Garlic Chicken and Sauteed Zucchini	229

Total Calories: 1,075

Day 2

8-Day *Jumpstart*

MEAL PLAN

Recipe

Calories

BREAKFAST

Coconut Lean Shake

111

MID- MORNING SNACK

Celery and
2 Tbs. Natural
Peanut Butter

205

LUNCH

Thai Chicken Soup

428

MID- AFTERNOON SNACK

½ C Pumpkin Seeds

187

DINNER

Fajita Spiced Chicken

280

Total Calories: 1,211

Day 3

8-Day *Jumpstart*

MEAL PLAN

	Recipe	Calories
BREAKFAST	Lean Shake with Almond Milk	110
MID-MORNING SNACK	3-5 oz. Turkey Breast	147
LUNCH	Tofu Scramble	429
MID-AFTERNOON SNACK	½ C Almonds	137
DINNER	Garlic Paprika Shrimp and Broccoli	232

Total Calories: 1,055

Day 4

8-Day *Jumpstart*

MEAL PLAN

Recipe

Calories

BREAKFAST

Lean Shake with
Almond Milk

110

MID- MORNING SNACK

2 Hard Boiled Eggs

126

LUNCH

Grilled Fish with
Red Onions

305

MID- AFTERNOON SNACK

¼ C Macadamia Nuts

240

DINNER

Turkey Sausage and
Veggie Sheet Pan

289

Total Calories: 1,070

Day 5

8-Day *Jumpstart*

MEAL PLAN

	Recipe	Calories
BREAKFAST	Lean Shake with Almond Milk	110
MID-MORNING SNACK	½ Avocado	205
LUNCH	Tex-Mex Steak Bowl	215
MID-AFTERNOON SNACK	¼ C Peanuts	207
DINNER	Basil Chicken and Veggies	377

Total Calories: 1,114

Day 6

8-Day *Jumpstart*

MEAL PLAN

	Recipe	Calories
BREAKFAST	Lean Shake with Almond Milk	110
MID-MORNING SNACK	¼ C Hummus and Zucchini	135
LUNCH	Chicken with Green Beans and Almonds	395
MID-AFTERNOON SNACK	¼ C Pecans	171
DINNER	Burrito Zucchini Boats	309

Total Calories: 1,120

Day 7

8-Day *Jumpstart*

MEAL PLAN

	Recipe	Calories
BREAKFAST	Green Lean Shake	315
MID-MORNING SNACK	1 C Edamame	189
LUNCH	Grilled Steak Skewers with Veggies	254
MID-AFTERNOON SNACK	¼ C Pumpkin Seeds	187
DINNER	Tuna Salad	180

Total Calories: 1,125

Day 8

8-Day *Jumpstart*

MEAL PLAN

	Recipe	Calories
BREAKFAST	Lean Shake with Almond Milk	110
MID-MORNING SNACK	3-5 oz. Turkey Breast	147
LUNCH	Thai Green Curry with Cauliflower Rice	362
MID-AFTERNOON SNACK	¼ C Walnuts	131
DINNER	Chicken Fajita Kebabs	301

Total Calories: 1,051