



TRANSFORM 20 MEAL PLAN

Week 1	Breakfast	Snack	Lunch	Snack	Dinner	Supplements
Monday	2 Eggs, 1 cup chopped spinach, 1/8 Avocado	1 Small apple 2 tsp almond butter	4 oz chicken breast 1/2C lettuce, 1/2C black beans, 2Tbsp oil-based dressing, 1/8 avocado	1 Scoop Shakeology 1 cup strawberries	4 oz flank steak 1/2 cup mashed sweet potato 1 cup fresh asparagus	Energize Hydrate Recover Recharge
Tuesday	3/4 Cup non-fat, plain Greek Yogurt, 1 cup fresh berries, 2 tbsp walnuts	1 cup celery sticks 2 tsp almond butter	4 oz salmon 1Cup veggies, 1/2Cup Edamame, 1Tbsp oil-based dressing, 2Tbsp nuts	1 Scoop Shakeology 1/2 banana	4 oz grilled chicken 1/2 cup potato and 1 cup broccoli	Energize Hydrate Recover Recharge
Wednesday	2 Eggs 1 cup spinach, 2 tbsp walnuts	1 Small apple 2 tsp almond butter	4 oz chicken breast 1/2C lettuce, 1/2C black beans, 2Tbsp oil-based dressing, 1/8 avocado	1 Scoop Shakeology 1 cup strawberries	4 oz flank steak 1/2 cup mashed sweet potato 1 cup fresh asparagus	Energize Hydrate Recover Recharge
Thursday	3/4 Cup non-fat, plain Greek Yogurt, 1 cup fresh berries, 2 tbsp walnuts	1 cup celery sticks 2 tsp almond butter	4 oz salmon 1Cup veggies, 1/2Cup Edamame, 1Tbsp oil-based dressing, 2Tbsp nuts	1 Scoop Shakeology 1/2 banana	4 oz grilled chicken 1/2 cup potato and 1 cup broccoli	Energize Hydrate Recover Recharge
Friday	2 Eggs 1 cup spinach, 2 tbsp walnuts	1 Small apple 2 tsp almond butter	4 oz chicken breast 1/2C lettuce, 1/2C black beans, 2Tbsp oil-based dressing, 1/8 avocado	1 Scoop Shakeology 1 cup strawberries	4 oz flank steak 1/2 cup mashed sweet potato 1 cup fresh asparagus	Energize Hydrate Recover Recharge
Saturday	2 Eggs 1 cup spinach, 2 tbsp walnuts	1 Small apple 2 tsp almond butter	4 oz salmon 1Cup veggies, 1/2Cup Edamame, 1Tbsp oil-based dressing, 2Tbsp nuts	1 Scoop Shakeology 1/2 banana	4 oz grilled chicken 1/2 cup potato and 1 cup broccoli	Recovery Day Nothing Needed
Sunday	3/4 Cup non-fat, plain Greek Yogurt, 1 cup fresh berries, 2 tbsp walnuts	1 cup celery sticks 2 tsp almond butter	4 oz chicken breast 1/2C lettuce, 1/2C black beans, 2Tbsp oil-based dressing, 1/8 avocado	1 Scoop Shakeology 1 cup strawberries	4 oz flank steak 1/2 cup mashed sweet potato 1 cup fresh asparagus	Rest Day Nothing Needed 