

# 8-Day

## Jumpstart

### MEAL PLANNER

|               | BREAKFAST  | MID-MORNING SNACK | LUNCH   | MID-AFTERNOON SNACK | DINNER  |
|---------------|------------|-------------------|---|---------------------|---|
| DAILY MINIMUM | Lean Shake | Approved Snack    | 4-6 oz. lean protein<br>1-2 C vegetables<br>1 serving healthy fat | Approved Snack      | 4-6 oz. lean protein<br>1-2 C vegetables<br>1 serving healthy fat |
| DAY 1         |            |                   |   |                     |   |
| DAY 2         |            |                   |   |                     |   |
| DAY 3         |            |                   |   |                     |   |
| DAY 4         |            |                   |   |                     |   |
| DAY 5         |            |                   |   |                     |   |
| DAY 6         |            |                   |   |                     |   |
| DAY 7         |            |                   |   |                     |   |
| DAY 8         |            |                   |   |                     |   |