

# Day 1

MEAL PLAN

# 8-Day

*Jumpstart*

BREAKFAST

Peanut Butter  
Lean Shake

MID-  
MORNING  
SNACK

1 C Edamame

LUNCH

Turkey Taco  
Lettuce Wraps

MID-  
AFTERNOON  
SNACK

1/4 C Walnuts

DINNER

Garlic Chicken and  
Sauteed Zucchini