

Day 2

MEAL PLAN

8-Day *Jumpstart*

BREAKFAST

Coconut Lean Shake

MID-
MORNING
SNACK

Celery and 2 Tbs. Natural
Peanut Butter

LUNCH

Grilled Eggplant Salad

MID-
AFTERNOON
SNACK

1/4 C Pumpkin Seeds

DINNER

Fajita Spiced Chicken