

# Day 3

MEAL PLAN

# 8-Day *Jumpstart*

BREAKFAST

Lean Shake with  
Almond Milk

MID-  
MORNING  
SNACK

3-5 oz. Turkey Breast

LUNCH

Tofu Scramble

MID-  
AFTERNOON  
SNACK

1/4 C Almonds

DINNER

Garlic Paprika Shrimp  
and Broccoli