

Day 4

MEAL PLAN

8-Day *Jumpstart*

BREAKFAST

Lean Shake with
Almond Milk

MID-
MORNING
SNACK

2 Hard Boiled Eggs

LUNCH

Grilled Fish with
Red Onions

MID-
AFTERNOON
SNACK

1/4 C Macadamia Nuts

DINNER

Turkey Sausage and
Veggie Sheet Pan