

Day
5

8-Day

Jumpstart

MEAL PLAN

BREAKFAST

Lean Shake with
Almond Milk

MID-
MORNING
SNACK

1/2 Avocado

LUNCH

Low-Carb Chicken Salad

MID-
AFTERNOON
SNACK

1/4 C Peanuts

DINNER

Basil Chicken
and Veggies