

Day  
6

# 8-Day

*Jumpstart*

MEAL PLAN

BREAKFAST

Lean Shake with  
Almond Milk

MID-  
MORNING  
SNACK

1/4 C Hummus  
and Zucchini

LUNCH

Chicken with Green Beans  
and Almonds

MID-  
AFTERNOON  
SNACK

1/4 C Pecans

DINNER

Burrito Zucchini Boats