

# Day 8

MEAL PLAN

# 8-Day *Jumpstart*

BREAKFAST

Lean Shake with  
Almond Milk

MID-  
MORNING  
SNACK

3-5 oz. Turkey Breast

LUNCH

Chicken and Veggie Stir Fry

MID-  
AFTERNOON  
SNACK

1/4 C Walnuts

DINNER

Chicken Fajita Kebabs