

MONDAY

BREAKFAST

OG Cleanse
No Days Off



LUNCH

Avocado Ranch Chopped
Salad w/ Protein

DINNER

Lettuce Wrap Turkey Burger
w/ Sweet Potatoes Fries

TUESDAY

BREAKFAST

OG Cleanse
No Days Off



LUNCH

Low-Fat Teriyaki Shrimp
Stir Fry

DINNER

Avocado Ranch Chopped
Salad w/ Protein

WEDNESDAY

BREAKFAST

OG Cleanse
No Days Off



LUNCH

Strawberry & Walnut Salad

DINNER

Low-Fat Teriyaki Shrimp
Stir Fry

THURSDAY

BREAKFAST

Egg White Bites w/ Turkey
Bacon & Veggies

LUNCH

Strawberry & Walnut Salad

DINNER

Garlic & Dill Salmon Filet
with Brown Rice & Brussel
Sprouts

FRIDAY

BREAKFAST

Egg White Bites w/ Turkey
Bacon & Veggies

LUNCH

Asian Chicken Lettuce Wraps

DINNER

Garlic & Dill Salmon Filet
with Brown Rice & Brussel
Sprouts

SATURDAY

BREAKFAST

Overnight Oats:
Apple & Cinnamon

LUNCH

Protein Bowl with Black
Beans, Quinoa, Grilled Chicken,
Avocado, and Tomato

DINNER

Lemon Garlic Butter
Chicken w/ Caprese Salad

SUNDAY

BREAKFAST

Overnight Oats:
Apple & Cinnamon

LUNCH

Protein Bowl with Black
Beans, Quinoa, Grilled
Chicken, Avocado, and
Tomato

DINNER

Lemon Garlic Butter
Chicken w/ Caprese Salad

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MEAL PLAN WEEK 1

GOBBK

WHOLE FOODS

- Garlic & Dill Salmon
- Avocado Ranch Chopped Salad

TRADER JOES

- Turkey Burgers
- Organic White Quinoa
- Sweet Potato Fries
- Toasted Sesame Oil
- Island Soyaki
- Soy Sauce
- Rice Vinegar
- Chile & Garlic Cashews

LOCAL GROCERY STORE

- Egg whites
- Green Bell Pepper
- Red Onion
- Spinach
- Old Fashion Oats
- Chia Seeds
- Almond Milk
- Vanilla Extract
- Honey
- Cinnamon
- Apples
- Chicken Breast
- Head of Lettuce
- Turkey Bacon
- Brussel Sprouts
- Brown Rice
- Arugula
- Balsamic Vinegar
- Olive Oil
- Feta cheese
- Strawberries
- Walnuts
- Avocado
- Raspberry Vinaigrette
- Shrimp
- Teriyaki Sauce
- Mushrooms
- Shredded Carrots
- Ground Chicken
- Yellow Onion
- Ginger
- Black Beans
- Tomato
- Lemon
- Garlic
- Mozzarella
- Basil



GROCERY LIST

