

# MONDAY

## BREAKFAST

OG Cleanse  
No Days Off



## LUNCH

Southwest Chicken Salad

## DINNER

Turkey Meatloaf w/ Spinach  
and Roasted Potatoes

# TUESDAY

## BREAKFAST

OG Cleanse  
No Days Off



## LUNCH

Southwest Chicken Salad

## DINNER

Turkey Meatloaf w/ Spinach  
and Roasted Potatoes

# WEDNESDAY

## BREAKFAST

OG Cleanse  
No Days Off



## LUNCH

Shrimp Taco Salad w/ Tortilla  
Chips and Avocado Ranch

## DINNER

Black Bean Burger w/  
Sweet Potato Fries

# THURSDAY

## BREAKFAST

Overnight Oats: Maple &  
Brown Sugar

## LUNCH

Shrimp Taco Salad w/ Tortilla  
Chips and Avocado Ranch

## DINNER

Black Bean Burger w/ Sweet  
Potato Fries

# FRIDAY

## BREAKFAST

Overnight Oats: Maple &  
Brown Sugar

## LUNCH

Mixed Greens Salad w/  
Balsamic Vinaigrette &  
Choice of Protein

## DINNER

Chicken Fajita Bowl w/  
Jasmine Rice, Vegetables,  
and Beans

# SATURDAY

## BREAKFAST

Egg White Omelette w/  
Protein & Veggies

## LUNCH

Avocado Ranch Chopped Salad  
w/ Protein

## DINNER

Garlic Rosemary Chicken  
Thighs w/ Mixed Greens

# SUNDAY

## BREAKFAST

Egg White Omelette w/  
Protein & Veggies

## LUNCH

Avocado Ranch Chopped  
Salad w/ Protein

## DINNER

Garlic & Thyme Chicken  
Thighs w/ Mixed Greens

# JUICEBYK

# MEAL PLAN WEEK 2

# GETBODYBYK

GETBODYBYK

## WHOLE FOODS

- Avocado Ranch Chopped Salad
- Southwest Salad

## TRADER JOES

- Roasted Potatoes with Peppers & Onions
- Sweet Potato Fries

## LOCAL GROCERY STORE

- |   |   |
|---|---|
| <input type="checkbox"/> Egg whites           | <input type="checkbox"/> Mixed Greens         |
| <input type="checkbox"/> Green Bell Pepper    | <input type="checkbox"/> Shrimp               |
| <input type="checkbox"/> Red Onion            | <input type="checkbox"/> Tortilla Chips       |
| <input type="checkbox"/> Spinach              | <input type="checkbox"/> Avocado Ranch        |
| <input type="checkbox"/> Old Fashion Oats     | <input type="checkbox"/> Shrimp               |
| <input type="checkbox"/> Chia Seeds           | <input type="checkbox"/> Ground Turkey        |
| <input type="checkbox"/> Almond Milk          | <input type="checkbox"/> Breadcrumbs          |
| <input type="checkbox"/> Maple Syrup          | <input type="checkbox"/> Dried Rosemary       |
| <input type="checkbox"/> Chicken Breast       | <input type="checkbox"/> Brown Sugar          |
| <input type="checkbox"/> Turkey Bacon         | <input type="checkbox"/> Ketchup              |
| <input type="checkbox"/> Jasmine Rice         | <input type="checkbox"/> Worcestershire Sauce |
| <input type="checkbox"/> Black Bean Patty     | <input type="checkbox"/> Thyme                |
| <input type="checkbox"/> Balsamic Vinaigrette | <input type="checkbox"/> Chicken Thighs       |
| <input type="checkbox"/> Olive Oil            |   |
| <input type="checkbox"/> Garlic               |   |
| <input type="checkbox"/> Yellow Onion         |   |
| <input type="checkbox"/> Black Beans          |   |
| <input type="checkbox"/> Tomato               |   |
| <input type="checkbox"/> Lemon                |   |



# GROCERY LIST

