

TEN DAY TRIM							
NUTRITION CHALLENGE							
Created by @TJU_SHELLEY seashellsandsitups.com							
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MEAL 1	2-Whole Egg Scramble [2 scrambled eggs + all the veggies you want to add. Use Mrs. Dash seasoning of choice]	Healthy Smoothie of choice [for protein add soaked cashews, nut butter, Greek yogurt, or cottage cheese]	Snickerdoodle "Cookies" seashellsandsitups.com	"Skinny" Asparagus Benedict [sub coconut oil for butter] seasonallyjane.com	Mom's Pumpkin Bread seashellsandsitups.com	Healthy Smoothie of choice [for protein add soaked cashews, nut butter, Greek yogurt, or cottage cheese]	2-Whole Egg Scramble [2 scrambled eggs + all the veggies you want to add. Use Mrs. Dash seasoning of choice]
MEAL 2	Healthy Smoothie of choice [for protein add soaked cashews, nut butter, Greek yogurt, or cottage cheese]	Organic Apple + All-Natural Nut Butter	Healthy Smoothie of choice [for protein add soaked cashews, nut butter, Greek yogurt, or cottage cheese]	Handful of Unsalted Nuts + 2 Hardboiled Eggs	Healthy Smoothie of choice [for protein add soaked cashews, nut butter, Greek yogurt, or cottage cheese]	Organic Apple + All-Natural Nut Butter	Handful of Unsalted Nuts + 2 Hardboiled Eggs
MEAL 3	Grilled turkey or chicken wrap with spinach + unlimited veggies . Add clean sauce of choice [see BBQ or teriyaki recipe on blog] Or sub wrap for salad.	Spinach Salad + Grilled Chicken [seasoned with Mrs. Dash] + Unlimited Veggies of Choice. Dressing = balsamic vinegar & olive oil (optional)	Grilled turkey or chicken wrap with spinach + unlimited veggies . Add clean sauce of choice [see BBQ or teriyaki recipe on blog] Or sub wrap for salad.	Spinach Salad + Grilled Chicken [seasoned with Mrs. Dash] + Unlimited Veggies of Choice. Dressing = balsamic vinegar & olive oil (optional)	Grilled turkey or chicken wrap with spinach + unlimited veggies . Add clean sauce of choice [see BBQ or teriyaki recipe on blog] Or sub wrap for salad.	Spinach Salad + Grilled Chicken [seasoned with Mrs. Dash] + Unlimited Veggies of Choice. Dressing = balsamic vinegar & olive oil (optional)	Grilled turkey or chicken wrap with spinach + unlimited veggies . Add clean sauce of choice [see BBQ or teriyaki recipe on blog] Or sub wrap for salad.
MEAL 4	1 Banana + All-Natural Nut Butter of Choice	Handful of Unsalted Nuts + 2 Hardboiled Eggs	1 Piece of Fruit + 1 String Cheese	1 Banana + All-Natural Nut Butter of Choice	Handful of Unsalted Nuts + 2 Hardboiled Eggs	Serving of all-natural dried fruit of choice + handful of mixed, unsalted nuts	1 Piece of Fruit + 1 String Cheese
MEAL 5	Roasted Acorn Squash [sub coconut sugar for brown sugar] seasonallyjane.com	Spinach Meatloaf + Sassy & Sweet Brussels [no meat] seashellsandsitups.com	Crockpot BBQ Chicken + Clean Cornbread seashellsandsitups.com	Stuffed Peppers seashellsandsitups.com	Crockpot Chicken Soup + left over Clean Cornbread seashellsandsitups.com	Veggie Packed Meat Sauce + Organic Zoodles seashellsandsitups.com	French Oven Winter Vegetables [sub coconut oil for butter & chicken sausage instead of bacon] seasonallyjane.com
OPTIONAL CLEAN DESSERT	Lavender Hot Chocolate [sub almond milk for whole milk + coconut sugar for sugar] seasonallyjane.com	Homemade Blueberry FroYo seashellsandsitups.com	Baked Apple Cut apple in half; sprinkle top with cinnamon and coconut sugar. Bake at 350 for 15 minutes	1 Piece of Fruit	Mom's Pumpkin Bread seashellsandsitups.com	Chocolate Malt Nicecream seashellsandsitups.com	PB Blondies seashellsandsitups.com
WATER INTAKE	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□
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"You don't have to eat less, you just have to eat right."

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