

# Team Beyond Measure 5-Day No Junk Foods Challenge

**\*\* Dinner to be completed before 7 PM. If you are hungry, drink 1 scoop\*\*  
of whey or plant-based protein mixed with water and ice only.**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1 Hardboiled Egg; 1/2 Cup of Rolled Oats topped with a teaspoon maple syrup	1 Scoop of Shakeology <b>OR</b> 1 Scoop of whey or plant-based protein and water	1 Hardboiled Egg; 1/2 Cup of Rolled Oats topped with a teaspoon maple syrup	1 Scoop of Shakeology <b>OR</b> 1 Scoop of whey or plant-based protein and water	1 Hardboiled Egg; 1/2 Cup of Rolled Oats topped with a teaspoon maple syrup
Snack	1 Scoop of Shakeology <b>OR</b> 1 Scoop of whey or plant-based protein and water	1 Hardboiled Egg; 1/2 Cup of Rolled Oats topped with a teaspoon maple syrup	1 Scoop of Shakeology <b>OR</b> 1 Scoop of whey or plant-based protein and water	1 Hardboiled Egg; 1/2 Cup of Rolled Oats topped with a teaspoon maple syrup	1 Scoop of Shakeology <b>OR</b> 1 Scoop of whey or plant-based protein and water
Lunch	4 oz of Chicken Lemon Chicken Breast, 2 Cups of Broccoli, 1/2 Sweet Potato with teaspoon of maple syrup	4 oz Maple Salmon, 2 Cups of Cauliflower	4 oz of Chicken Lemon Chicken Breast, 2 Cups of Broccoli, 1/2 Sweet Potato with teaspoon of maple syrup	1 Cup of Egg whites, 1 Slice of Turkey Bacon, 2 cups of steamed green beans	4 oz of Chicken Lemon Chicken Breast, 2 Cups of Broccoli, 1/2 Sweet Potato with teaspoon of maple syrup
Snack	1 Medium Apple, 10 Raw Unsalted Almonds, 1/2 Cup of Grapes	1 Cup Plain Non-Fat Greek Yogurt, 1 teaspoon of stevia and 1/2 cup of chopped strawberries	1 Medium Apple, 10 Raw Unsalted Almonds, 1/2 Cup of Grapes	1 Cup Plain Non-Fat Greek Yogurt, 1 teaspoon of stevia and 1/2 cup of chopped strawberries	1 Medium Apple, 10 Raw Unsalted Almonds, 1/2 Cup of Grapes
Dinner	4 oz Maple Salmon, 2 Cups of Cauliflower	1 Cup of Eggs Whites, 2 Cups of Steamed Green Beans, 1 Slice of Turkey Bacon	4 oz Maple Salmon, 2 Cups of Cauliflower	4 oz of Low Sodium Deli Turkey Meat, 2 Cups of Green Beans	4 oz of Low Sodium Deli Turkey Meat, 2 Cups of Green Beans