**SUNDAY: 8th**

**Breakfast-** biscuits & gravy w/sausage

**Snack-** protein bar

**Lunch-** out

**Snack-** fruit & yogurt

**Dinner-** Spaghetti & Meatballs

**MONDAY: 9th**

**Breakfast-** Breakfast taco

**Snack-** almonds

**Lunch-** out

**Snack-** protein bar

**Dinner-** Chicken Ranch Wrap (Insanity)

**TUESDAY: 10th- Karate**

**Breakfast-** Bagel w/ cream cheese & orange (P90X)

**Snack-** almonds

**Lunch-** Chicken Ranch Wrap (Insanity)

**Snack-** grapes & cheese

**Dinner-** Spaghetti & Meatballs

**WEDNESDAY: 11th**

**Breakfast-** Greenberry Shakeology w/Orange Juice

**Snack-** yogurt & almonds

**Lunch–** Bagel Sandwich, tomato juice (Insanity)

**Snack-** popcorn

**Dinner-** Fish Tacos (T25)

**THURSDAY: 12th**

**Breakfast-** eggs & toast

**Snack-** grapes & string cheese

**Lunch-** Fish Tacos (T25)

**Snack-** trail mix

**Dinner**- breakfast for dinner/leftovers

**FRIDAY: 13th- Friendship Party**

**Breakfast-** oatmeal

**Snack-** almonds

**Lunch-** Bagel Sandwich, tomato juice (Insanity)

**Snack-** protein bar

**Dinner-** out

**SATURDAY: 14th- Valentine’s Day/Contest**

**Breakfast-** bagel w/cream cheese

**Snack-** protein bar

**Lunch-** sandwich & fruit

**Snack-** trail mix

**Dinner-** shrimp w/linguine, salad, chocolate fondue w/strawberries