**SUNDAY: 24th**

**Breakfast-** eggs, toast & fruit

**Snack-** Chocolate[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) w/ PB & Banana

**Lunch-** out

**Snack-** almonds

**Dinner-** Chili & salad

**MONDAY: 25th**

**Breakfast-** Greenberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) w/ V8 Energy

**Snack-** yogurt & grapes, granola

**Lunch-** Chili & salad

**Snack-** apple, almonds, peanut butter

**Dinner-** [Citrus & Herb Baked Chicken](https://www.pinterest.com/pin/43628690118959135/), Green beans, potatoes

**TUESDAY: 26th**

**Breakfast-** Chocolate[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) w/ PB & Banana

**Snack-** yogurt & grapes, slivered almonds & granola

**Lunch-** [Citrus & Herb Baked Chicken](https://www.pinterest.com/pin/43628690118959135/), Green beans, potatoes

**Snack-** apple & peanut butter

**Dinner-** [Turkey Taco Lettuce Wraps](https://www.pinterest.com/pin/43628690117663682/)

**WEDNESDAY: 27th**

**Breakfast-** Vanilla[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) w/ Coffee

**Snack-** pbj & fruit

**Lunch–** [Turkey Taco Lettuce Wraps](https://www.pinterest.com/pin/43628690117663682/)

**Snack-** yogurt,almonds & berries

**Dinner-** [Lasagna Soup](https://www.pinterest.com/pin/43628690118693490/) w/spinach, salad

**THURSDAY: 28th**

**Breakfast-** Chocolate[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) w/ PB & Banana

**Snack-** yogurt & grapes

**Lunch-** [Lasagna Soup](https://www.pinterest.com/pin/43628690118693490/) w/spinach

**Snack-** almonds

**Dinner**- spinach omelet, fruit, toast

**FRIDAY: 29th**

**Breakfast-** Greenberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) w/ V8 Energy

**Snack-** apple & peanut butter

**Lunch-** tuna sandwich on toast

**Snack-** yogurt, granola, almonds

**Dinner-** Turkey & Green Beans

**SATURDAY: 30th**

**Breakfast-** [chocolate shakeology with pb & banana](http://www.shakeology.com/en_US/?sn=lthompson58)

**Snack-** yogurt & grapes

**Lunch-** tuna sandwich on toast

**Snack-** hummus & carrots

**Dinner-** out