**SUNDAY: 12th**

**Breakfast-** blueberry muffins, eggs

**Snack-** yogurt, grapes

**Lunch-** out

**Snack-** carrots & hummus

**Dinner-** Taco Pizza

**MONDAY: 13th**

**Breakfast-** breakfast taco

**Snack-** craisins & sunflower seeds

**Lunch-** Taco Pizza

**Snack-** tuna & crackers

**Dinner-** Mediterranean spaghetti squash with turkey

**TUESDAY: 14th**

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

**Snack-** grapes & yogurt

**Lunch-** out

**Snack-** pistachios

**Dinner-** Mediterranean spaghetti squash with turkey

**WEDNESDAY: 15th**

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

**Snack-** orange & cheese

**Lunch–** Salad

**Snack-** berries & yogurt

**Dinner-** Fish Tostadas

**THURSDAY: 16th**

**Breakfast-** Eggs & toast

**Snack-** strawberries, grapes & yogurt

**Lunch-** Fish Tostadas

**Snack-** watermelon & cheese

**Dinner**- Linguine with red clam sauce, salad, olive oil dressing

**FRIDAY: 17th**

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

**Snack-** strawberries, grapes & yogurt

**Lunch-** Linguine with red clam sauce, salad, olive oil dressing

**Snack-** carrots & hummus

**Dinner-** leftovers

**SATURDAY: 18th**

**Breakfast-** pancakes & turkey bacon

**Snack-** grapes/strawberries & yogurt

**Lunch-** BLT, pear

**Snack-** carrots & hummus

**Dinner-** out