**SUNDAY: 7th**

**Breakfast-** Ham & Cheese Omelet, Toast

**Snack-** rice cakes & peanut butter

**Lunch-** out

**Snack-** frozen fruit bar

**Dinner-** Spaghetti w/meat sauce

**MONDAY: 8th – Baseball & Soccer Camp**

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

**Snack-** grapes & string cheese

**Lunch-** Spaghetti w/meat sauce

**Snack-** carrots & dip

**Dinner-** Grilled Chicken Burrito ([P90X](http://whatsworkinghere.com/wp-content/uploads/2014/12/p90x_nutrition_guide_recipes.pdf))

**TUESDAY: 9th – Baseball & Soccer Camp**

**Breakfast-** cereal w/blueberries

**Snack-** rice cakes & peanut butter

**Lunch-** Grilled Chicken Burrito ([P90X](http://whatsworkinghere.com/wp-content/uploads/2014/12/p90x_nutrition_guide_recipes.pdf))

**Snack-** edamame

**Dinner-** Turkey BLT & Pear ([Insanity](http://whatsworkinghere.com/wp-content/uploads/2014/12/Insanity-Nutrition-Guide.pdf))

**WEDNESDAY: 10th – Baseball & Soccer Camp**

**Breakfast-** Egg White Breakfast Wrap & Melon([Insanity](http://whatsworkinghere.com/wp-content/uploads/2014/12/Insanity-Nutrition-Guide.pdf))

**Snack-** grapes & string cheese

**Lunch–** Turkey BLT & Pear ([Insanity](http://whatsworkinghere.com/wp-content/uploads/2014/12/Insanity-Nutrition-Guide.pdf))

**Snack-** carrots & dip

**Dinner-** Aztec Casserole

**THURSDAY: 11th – Baseball & Soccer Camp**

**Breakfast-** cereal w/blueberries

**Snack-** apple & peanut butter

**Lunch-** Chick-fil-a

**Snack-** Pretzels & Bean Dip

**Dinner**- Breakfast/Leftovers

**FRIDAY: 12th**

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

**Snack-** cereal

**Lunch-** sandwich & fruit

**Snack-** edamame

**Dinner-** out

**SATURDAY: 13th**

**Breakfast-** Egg White Breakfast Wrap & Melon([Insanity](http://whatsworkinghere.com/wp-content/uploads/2014/12/Insanity-Nutrition-Guide.pdf))

**Snack-** apple & peanut butter

**Lunch-** tuna sandwich & apple

**Snack-** frozen fruit bar

**Dinner-** Out