**SUNDAY: 6th**

**Breakfast-** [Pumpkin Cinnamon Rolls](https://www.pinterest.com/pin/43628690116411465/) & Sausage

**Snack-** Trail Mix Bar

**Lunch-** out

**Snack-** Fall Snack Mix- Popcorn, Pretzels, Bugles, Candy Corn

**Dinner-** Seared Chicken with Brown Rice & Glazed Carrots (Blue Apron)

**MONDAY: 7th - Soccer Practice**

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

**Snack-** yogurt & granola

**Lunch-** Seared Chicken with Brown Rice & Glazed Carrots (Blue Apron)

**Snack-** apple & peanut butter

**Dinner-** [Pumpkin Pasta](http://whatsworkinghere.com/favorite-pumpkin-recipes/)

**TUESDAY: 8th**

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

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

**Lunch-** [Pumpkin Pasta](http://whatsworkinghere.com/favorite-pumpkin-recipes/)

**Snack-** apple & cheese

**Dinner-** Pan Seared Barramundi with Prince of Orange Potatoes & Spinach (Blue Apron)

**WEDNESDAY: 9th - Soccer Practice**

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

**Snack-** apple & peanut butter

**Lunch–** Pan Seared Barramundi with Prince of Orange Potatoes & Spinach (Blue Apron)

**Snack-** yogurt, almonds & berries

**Dinner-** [Crock Pot Swedish Meatballs with Egg Noodles](https://www.pinterest.com/pin/43628690120985696/)

**THURSDAY: 10th**

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

**Snack-** yogurt & grapes

**Lunch-** [Crock Pot Swedish Meatballs with Egg Noodles](https://www.pinterest.com/pin/43628690120985696/)

**Snack-** carrots & hummus

**Dinner**- Leftovers/ Breakfast

**FRIDAY: 11th**

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

**Snack-** apple & peanut butter

**Lunch-** sandwich & fruit

**Snack-** yogurt, granola, almonds

**Dinner-** out

**SATURDAY: 12th – Soccer Game**

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

**Snack-** apples & cheese

**Lunch-** sandwich & fruit

**Snack-** trail mix

**Dinner-** out