**SUNDAY: 11th**

**Breakfast-** [Pumpkin waffles](https://www.pinterest.com/pin/Aa4PZuQ5cgAYpYxqgBJ7wKi32jELx0DALjeo60IRunisF5KDHkTvxg4/) & bacon

**Snack-** yogurt covered raisins

**Lunch-** out

**Snack-** apple & peanut butter

**Dinner-** [Easy Chicken Fajitas](https://www.pinterest.com/pin/43628690119046676/) (Bodybeast)

**MONDAY: 12th – Baseball Game**

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

**Snack-** yogurt & granola

**Lunch-** [Easy Chicken Fajitas](https://www.pinterest.com/pin/43628690119046676/) (Bodybeast)

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

**Dinner-** Hot Dogs & chips

**TUESDAY: 13th – Spring Creek Spirit Night / Baseball Game**

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

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

**Lunch-** Fajita Salad

**Snack-** apple & cheese

**Dinner-** Spring Creek BBQ

**WEDNESDAY: 14th – Early Release /Soccer Practice**

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

**Snack-** apple & peanut butter

**Lunch–** Out

**Snack-** yogurt, almonds & berries

**Dinner-** Pasta with Seafood Marinara ([Insanity](http://whatsworkinghere.com/wp-content/uploads/2014/12/Insanity-Nutrition-Guide.pdf))

**THURSDAY: 15th – Baseball Practice**

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

**Snack-** yogurt & grapes

**Lunch-** Pasta with Seafood Marinara ([Insanity](http://whatsworkinghere.com/wp-content/uploads/2014/12/Insanity-Nutrition-Guide.pdf))

**Snack-** carrots & hummus

**Dinner**- leftovers, breakfast

**FRIDAY: 16th**

**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: 17th - Soccer Game**

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

**Snack-** yogurt & grapes

**Lunch-** BLT & apple slices

**Snack-** hummus & carrots

**Dinner-** out