**SUNDAY: 25th**

**Breakfast-** Omelet & toast

**Snack-** yogurt & fuit

**Lunch-** sandwich & fruit

**Snack-** apple & peanut butter

**Dinner-** Spaghetti

**MONDAY: 26th – Dallas / Soccer Practice**

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

**Snack-** yogurt & granola

**Lunch-** Out

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

**Dinner-** Spaghetti

**TUESDAY: 27th – Baseball Game**

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

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

**Lunch-** Sandwich & Fruit

**Snack-** apple & cheese

**Dinner-** Tacos

**WEDNESDAY: 28th – Soccer Practice**

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

**Snack-** apple & peanut butter

**Lunch–** Taco Salad

**Snack-** yogurt, almonds & berries

**Dinner-** Chicken Nuggets, Green Beans, Mac-n-cheese

**THURSDAY: 29th**

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

**Snack-** yogurt & grapes

**Lunch-** Out

**Snack-** carrots & hummus

**Dinner**- leftovers, breakfast

**FRIDAY: 30th**

**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: 1st - Soccer Game**

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

**Snack-** apples & cheese

**Lunch-** out

**Snack-** hummus & carrots

**Dinner-** out