**SUNDAY: 4th**

**Breakfast-** pancakes & bacon

**Snack-** yogurt covered raisins

**Lunch-** out

**Snack-** apple & peanut butter

**Dinner-** Hamburgers, Potato Salad, Beans

**MONDAY: 5th – Labor Day**

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

**Snack-** banana bread

**Lunch-** Hamburgers, Potato Salad, Beans

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

**Dinner-** Lemon Garlic Chicken, rice, Asparagus ([P90X](http://whatsworkinghere.com/wp-content/uploads/2014/12/p90x_nutrition_guide_recipes.pdf))

**TUESDAY: 6th**

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

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

**Lunch-** Lemon Garlic Chicken, rice, Asparagus ([P90X](http://whatsworkinghere.com/wp-content/uploads/2014/12/p90x_nutrition_guide_recipes.pdf))

**Snack-** apple & cheese

**Dinner-** Tacos

**WEDNESDAY: 7th – Soccer Practice**

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

**Snack-** apple & peanut butter

**Lunch–** Tacos

**Snack-** yogurt, almonds & berries

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

**THURSDAY: 8th – Parent Orientation**

**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: 9th**

**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: 10th**

**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