**SUNDAY: 15th**

**Breakfast-** bacon, eggs, toast

**Snack-** orange & string cheese

**Lunch-** out

**Snack-** Crackers, cheese & salsa

**Dinner-** Spaghetti w/ meatballs (Body Beast)

**MONDAY: 16th**

**Breakfast-** Shakeology

**Snack-** apple & string cheese

**Lunch-** Spaghetti

**Snack-** hummus & carrots

**Dinner-** Baked Cod with carrots & cauliflower (Insanity)

**TUESDAY: 17th- St. Patrick’s Day**

**Breakfast-** Lucky Charms, Green Eggs & Ham

**Snack-** protein bar

**Lunch-** out

**Snack-** turkey stick

**Dinner-** Grilled Chicken, Sweet Potato, Green beans

**WEDNESDAY: 18th**

**Breakfast-** Shakeology

**Snack-** orange & string cheese

**Lunch–** out

**Snack-** almonds

**Dinner-** Grilled Chicken, Sweet Potato, Green beans

**THURSDAY: 19th**

**Breakfast-** waffle & sausage

**Snack-** protein bar

**Lunch-** out

**Snack-** trail mix

**Dinner**- leftovers/breakfast

**FRIDAY: 20th**

**Breakfast-** Cereal w/ blueberries

**Snack-** protein bar

**Lunch-** Sandwich & Fruit

**Snack-** Hummus and Vegetables

**Dinner-** out

**SATURDAY: 21st**

**Breakfast-** Eggs & toast

**Snack-** Trail mix

**Lunch-** Sandwich & fruit

**Snack-** Crackers, cheese & salsa

**Dinner-** Out