**SUNDAY: 19th**

**Breakfast-** Pancakes & Turkey Sausage

**Snack-** yogurt & granola

**Lunch-** sandwich & fruit

**Snack-** popcorn & string cheese

**Dinner-** Citrus Baked Cod with Sauteed Green Beans, Baked Potato

**MONDAY: 20th – Soccer Practice / Baseball Game**

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

**Snack-** yogurt & grapes

**Lunch-** Citrus Baked Cod with Sauteed Green Beans, Baked Potato

**Snack-** apple, almonds

**Dinner-** Chicken Ranch Wrap, apple slices

**TUESDAY: 21st**

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

**Snack-** yogurt & grapes

**Lunch-** Chicken Ranch Wrap, apple slices

**Snack-** blueberries & almonds

**Dinner-** Tacos

**WEDNESDAY: 22nd – Soccer Practice / Baseball Game**

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

**Snack-** watermelon & yogurt

**Lunch–** Taco Salad

**Snack-** carrots & hummus

**Dinner-** Bagel Sandwich & carrots

**THURSDAY: 23rd – Baseball Game**

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

**Snack-** watermelon & string cheese

**Lunch-** Bagel Sandwich & carrots

**Snack-** edamame

**Dinner**- Leftovers

**FRIDAY: 24th**

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

**Snack-** yogurt & fruit

**Lunch-** Turkey Salad

**Snack-** popcorn & string cheese

**Dinner-** out

**SATURDAY: 25th – Soccer Game**

**Breakfast-** Omelet and toast

**Snack-** yogurt & grapes

**Lunch-** sandwich & fruit

**Snack-** hummus & carrots

**Dinner-** out