**SUNDAY: 19th**

**Breakfast-** cereal

**Snack-** trail mix

**Lunch-** sandwich & fruit

**Snack-** popcorn & string cheese

**Dinner-** Chicken Fajitas (Body Beast)

**MONDAY: 20th – Baseball Game**

**Breakfast-** breakfast taco

**Snack-** Apple & Peanut butter

**Lunch-** Out

**Snack-** popcorn & string cheese

**Dinner-** Chicken Fajitas (Body Beast)

**TUESDAY: 21st**

**Breakfast-** Cereal w/blueberries

**Snack-** protein bar

**Lunch-** Chicken Fajita Salad

**Snack-** Apple & Cheese

**Dinner-** Beef & Broccoli Stir Fry (Body Beast)

**WEDNESDAY: 22nd - Karate**

**Breakfast-** Shakeology

**Snack-** almonds

**Lunch–** Beef & Broccoli Stir Fry (Body Beast)

**Snack-** popcorn and string cheese

**Dinner-** Tilapia w/Kale & Tomato (T25)

**THURSDAY: 23rd - Baseball Game- bring snack**

**Breakfast-** waffle & sausage

**Snack-** grapes

**Lunch-** Tilapia w/Kale & Tomato (T25)

**Snack-** fruit, chips, cheese stick, gatorade

**Dinner**- leftovers/breakfast

**FRIDAY: 24th**

**Breakfast-** Cereal w/ blueberries

**Snack-** protein bar

**Lunch-** sandwich & fruit

**Snack-** apple & string cheese

**Dinner-** out

**SATURDAY: 25th**

**Breakfast-** ham & cheese omelet

**Snack-** orange & string cheese

**Lunch-** tuna salad

**Snack-** Popcorn

**Dinner-** Out