**SUNDAY: 25th**

**Breakfast-** eggs & toast

**Snack-** yogurt

**Lunch-** sandwich & fruit

**Snack-** granola bar

**Dinner-** Beef stroganoff, salad

**MONDAY: 26th**

**Breakfast-** blueberry oatmeal

**Snack-** almonds

**Lunch-** Beef stroganoff, salad

**Snack-** Wheat crackers, Swiss cheese & Salsa

**Dinner-** Tilapia with Kale & Tomato (T25)

**TUESDAY: 27th- Karate**

**Breakfast-** Chocolate Shakeology w/ peanut butter & banana

**Snack-** almonds

**Lunch-** Tilapia with Kale & Tomato (T25)

**Snack-** grapes & cheese

**Dinner-** Black & White Bean Chili, Salad, grapes (P90X)

**WEDNESDAY: 28th- Early Release**

**Breakfast-** eggs & toast

**Snack-** yogurt

**Lunch–** Black & White Bean Chili, Salad, grapes (P90X)

**Snack-** popcorn

**Dinner-** Chicken Tostadas

**THURSDAY: 29th**

**Breakfast-** Greenberry Shakeology w/ Orange Juice

**Snack-** grapes & string cheese

**Lunch-** Chicken Tostadas

**Snack-** trail mix

**Dinner**- breakfast for dinner/leftovers

**FRIDAY: 30th- BBQ Cook-off**

**Breakfast-** Apple Cinnamon Oatmeal

**Snack-** almonds

**Lunch-** salad

**Snack-** protein bar

**Dinner-** out

**SATURDAY: 31st- BBQ Cook-off**

**Breakfast-** omlete & toast

**Snack-** protein bar

**Lunch-** sandwich & fruit

**Snack-** trail mix

**Dinner-** out