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| Grapes & String Cheese |  | Apple & Peanut Butter |  | Wheat Crackers, Swiss Cheese & Salsa |
| Wheat Crackers, Swiss Cheese & Turkey |  | Fruit & Yogurt |  | Hard Boiled Egg |
| Tropical Quinoa Snack |  | Cinnamon Yogurt Berries |  | Chicken & Spinach Salad  (T25 5 Day) |
| Grilled Fish Tacos  (T25 5 Day) |  | Avocado Veggie Burger  (T25 5 Day) |  | Chicken in Foil  (T25 5 Day) |
| Yogo Berry Blast Shakeology  (T25 5 Day) |  | Lemon-Dill Halibut  (T25 5 Day) |  | Morning Delight Smoothie  (T25 5 Day) |
| Sirloin-Topped Arugula Salad  (T25 5 Day) |  | Peanut Butter Shakeology  (T25 5 Day) |  | Chef Salad  (T25 5 Day/P90X) |
| Tomatillo & Avocado Scramble  (T25) |  | Italian Scramble  (T25) |  | Almond Butter and Blueberry Oatmeal  (T25) |
| Tempeh Scramble  (T25) |  | Chocolate-Strawberry Smoothie  (T25) |  | Chicken Waldorf Salad  (T25) |
| Tempeh Strips with Almond Sauce  (T25) |  | Dijon Chicken Pocket  (T25) |  | Quinoa Patties over Spinach  (T25) |
| Tomato-Basil Salmon with Garbanzos  (T25) |  | Tilapia with Kale and Tomato  (T25) |  | Edamame-Sesame Bowl  (T25) |
| Yogurt and Nut Butter Smoothie  (T25) |  | Almond Banana Smoothie  (T25) |  | Trail Mix |
| Frozen Fruit Bar |  | Fruit Sorbet |  | Rice Cakes w/ Peanut Butter |
| Frozen Yogurt |  | Mushroom Omelet, strawberries, yogurt  (P90X) |  | Turkey Jerky |
| Salmon, asparagus, rice  (P90X) |  | Shrimp Stir-Fry, sesame seeds, Cashews  (P90X) |  | Turkey, Gravy, Green Beans, Yams  (P90X) |
| Turkey Bacon, Chicken Scramble, Juice  (P90X) |  | Chicken salad on greens, Vegetable soup  (P90X) |  | Halibut w/Pesto Sauce, rice, zucchini  (P90X) |
| Chicken Breast with Honey-Chile sauce, quinoa, snap peas  (P90X) |  | Spinach Scramble, milk, grapefruit  (p90x) |  | Turkey Burger w/cheese, salad  (p90x) |
| Beef & Broccoli Stir-Fry, Miso Soup  (p90x) |  | Turkey Bacon, Cheese scramble, milk, melon  (p90x) |  | Tuna Salad on lettuce  (p90x) |
| Lemon Garlic Chicken, rice, Asparagus  (p90x) |  | Popcorn & String Cheese |  | Oatmeal with blueberries, brown sugar and walnuts |
| Shrimp pasta pomodoro  (p90x) |  | Extra-lean burger w/ cheese, baked potato, salad & berries  (p90x) |  | Bagel w/cream cheese & orange  (p90x) |
| Grilled Chicken Burrito  (p90x) |  | Pear & Granola Muffin, Yogurt & Strawberries  (p90x) |  | Tuna Roll-Up  (p90x) |
| Chicken w/sauce, mushroom, zucchini & onion sauté, rice  (p90x) |  | Turkey Sandwich w/ Veggie Soup  (p90x) |  | Salmon, Asparagus, potato, salad  (p90x) |
| Whole wheat waffle, banana, milk  (p90x) |  | Chicken Pita  (p90x) |  | Grilled Ahi Tuna Salad, Roll  (p90x) |
| Egg whites, potatoes, yogurt, juice  (p90x) |  | White Bean and Tuna Salad  (p90x) |  | Italian Meatloaf, potato, spinach & romaine salad w/ mozzarella  (p90x) |
| Pancakes, blueberries, milk  (p90x) |  | Chicken Caesar Salad  (p90x) |  | Filet Mignon, mushrooms, rice  (p90x) |
| Fig Newtons (3) |  | Pita Chips |  | Chips & Bean Dip |
| Blueberry muffin, yogurt & berries  (p90x) |  | Almonds & String Cheese |  | Chicken w/ Apricot sauce, yams, green beans, mango  (p90x) |
| Whole grain waffles, peanut butter, banana, milk  (p90x) |  | Pasta Salad, melon  (p90x) |  | Black & White Bean Chili, salad, grapes  (p90x) |
| Flank Steak, potato, onion, zucchini & tomato sauté, nectarine  (p90x) |  | Granola, yogurt & strawberries |  | Shrimp Kebabs, rice, salad, orange  (p90x) |
| Oatmeal pancakes, applesauce, milk  (p90x) |  | Chicken, BBQ sauce, baked beans, salad, fruit  (p90x) |  | Salmon w/Dijonnaise sauce, quinoa, broccoli, grapes  (p90x) |
| Bagel w/ cream cheese, yogurt & berries |  | Vegetarian Tostada, fruit salad  (p90x) |  | Pork Chop with Apple & Sweet potato, green beans, salad  (p90x) |
| Egg White Breakfast Wrap, melon  (Insanity) |  | Cereal w/ bananas  (Insanity) |  | Peanut Butter Toast, yogurt  (Insanity) |
| Veggie Omelet, toast w/ jam  (Insanity) |  | Protein Omelet, toast, melon  (Insanity) |  | Yogurt, apples, walnuts, honey  (insanity) |
| Bagel sandwich, tomato juice  (insanity) |  | Turkey BLT, pear  (Insanity) |  | Gilled Chicken Salad on greens  (insanity) |
| Sushi, side salad  (Insanity) |  | Black Bean Soup and ½ Sandwich  (insanity) |  | Teriyaki Grilled Tuna  (Insanity) |
| Chicken Ranch Wrap  (Insanity) |  | Lean Burger on greens, berries  (insanity) |  | Whole wheat pasta with veggies & pasta  (insanity) |
| Salmon Nicoise, greens, green beans, red potato  (insanity) |  | Sashimi, brown rice, side salad  (Insanity) |  | PB&J, yogurt  (Insanity) |
| Cold cuts, cheese, whole grain crackers  (Insanity) |  | Turkey Lettuce Wrap and Bean Salad  (insanity) |  | Turkey Chili, salad  (Insanity) |
| Protein Pizza Muffin, broccoli  (Insanity) |  | Shrimp cocktail, roll, raw veggies  (Insanity) |  | Chicken & Salad w/ apple  (insanity) |
| Baked Cod with carrots and cauliflower  (insanity) |  | Dinner Omelet w/ toast  (insanity) |  | Flank Steak with broccoli, baked potato  (insanity) |
| Chicken meatballs, pasta, green beans  (insanity) |  | Grilled Salmon w/honey mustard, asparagus, pasta  (insanity) |  | Chicken Rice Bowl  (Insanity) |
| Citrus Chicken with Carrots  (Insanity) |  | Chicken Stir-Fry  (Insanity) |  |  |
| Banana & Peanut Butter |  | Tuna & Crackers |  | Apple & Cheese |