|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 |