**SUNDAY: 12th – Soccer Tournament**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58) w/ v8

**Snack-** almonds

**Lunch-** out

**Snack-** trail mix

**Dinner-** out

**MONDAY: 13th – Soccer Practice**

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

**Snack-** yogurt & grapes

**Lunch-** Sandwich & fruit

**Snack-** apple, almonds

**Dinner-** [Pressure Cooker Mongolian Beef](https://www.pinterest.com/pin/43628690121352501/), Rice & Mixed Veggies

**TUESDAY: 14th – Valentine’s Day / Football Practice**

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

**Snack-** yogurt, grapes, slivered almonds & granola

**Lunch-** [Pressure Cooker Mongolian Beef](https://www.pinterest.com/pin/43628690121352501/), Rice & Mixed Veggies

**Snack-** apple and peanut butter

**Dinner-** [Shrimp Scampi & Strawberries w/Chocolate Fondue](http://whatsworkinghere.com/valentines-day-at-home/)

**WEDNESDAY: 15th – Soccer Practice**

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

**Snack-** pbj & fruit

**Lunch–** Shrimp Scampi

**Snack-** yogurt, almonds & berries

**Dinner-** Golden Chicken & Noodles

**THURSDAY: 16th**

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

**Snack-** yogurt & grapes

**Lunch-** Golden Chicken & Noodles

**Snack-** apple & almonds

**Dinner**- leftovers

**FRIDAY: 17th**

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

**Snack-** apple & peanut butter

**Lunch-** salad

**Snack-** yogurt & grapes

**Dinner-** out

**SATURDAY: 18th – Football Game**

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

**Snack-** yogurt & grapes

**Lunch-** out

**Snack-** hummus & carrots

**Dinner-** out