**SUNDAY: 26th – Mom’s Birthday**

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

**Snack-** peanut butter toast

**Lunch-** sandwich & fruit

**Snack-** popcorn & string cheese

**Dinner-** Spaghetti with meat sauce

**MONDAY: 27th – Soccer Practice**

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

**Snack-** yogurt & grapes

**Lunch-** Spaghetti with meat sauce

**Snack-** apple, almonds

**Dinner-** [Instant Pot Jambalaya](https://www.pinterest.com/pin/43628690121734301/)

**TUESDAY: 28th - Baseball Scrimmage**

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

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

**Lunch-** [Instant Pot Jambalaya](https://www.pinterest.com/pin/43628690121734301/)

**Snack-** apple and peanut butter

**Dinner-** [Slow Cooker Parmesan Chicken & Orzo, Green Beans](https://www.pinterest.com/pin/201958364520196189/)

**WEDNESDAY: 1st – Soccer Practice / Baseball Practice**

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

**Snack-** pbj & fruit

**Lunch–** [Slow Cooker Parmesan Chicken & Orzo, Green Beans](https://www.pinterest.com/pin/201958364520196189/)

**Snack-** yogurt, almonds & berries

**Dinner-** [Maple Glazed Salmon](https://www.pinterest.com/pin/43628690121017782/), rice, broccoli

**THURSDAY: 2nd**

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

**Snack-** yogurt & grapes

**Lunch-** [Maple Glazed Salmon](https://www.pinterest.com/pin/43628690121017782/), rice, broccoli

**Snack-** apple & almonds

**Dinner**- leftovers

**FRIDAY: 3rd**

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

**Snack-** apple & peanut butter

**Lunch-** sandwich & fruit

**Snack-** yogurt & grapes

**Dinner-** out

**SATURDAY: 4th – Football Game & Soccer Game**

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

**Snack-** yogurt & grapes

**Lunch-** sandwich & fruit

**Snack-** hummus & carrots

**Dinner-** out