**SUNDAY: 14th**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb

**Snack-** Carrots, Grapes, Hummus

**Lunch-** Rotisserie chicken, spinach salad, strawberries, orzo, dressing

**Snack-** Spinach Chicken Wrap

**Dinner-** Top Chef Seared Grassfed Steaks w/ Sweet Chili-Glazed Vegetables ([Blue Apron](file://localhost//blue-apron.evyy.net/c/141037/156170/2880))

**MONDAY: 15th No School**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, coconut oil

**Snack-** Spinach, strawberries, almonds

**Lunch-** Top Chef Seared Grassfed Steaks w/ Sweet Chili-Glazed Vegetables ([Blue Apron](file://localhost//blue-apron.evyy.net/c/141037/156170/2880))

**Snack-** Spinach, Ham, pasta, olive oil

**Dinner-** Parmesan Crusted Chicken with Mashed Sweet Potatoes & Roasted Broccoli ([Blue Apron](file://localhost//blue-apron.evyy.net/c/141037/156170/2880))

**TUESDAY: 16th**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb

**Snack-** Carrots, Grapes, Hummus

**Lunch-** Parmesan Crusted Chicken with Mashed Sweet Potatoes & Roasted Broccoli ([Blue Apron](file://localhost//blue-apron.evyy.net/c/141037/156170/2880))

**Snack-** Spinach Chicken Wrap

**Dinner-** Turkey Taco Lettuce wraps (Fixate), olives

**WEDNESDAY: 17th**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, coconut milk

**Snack-** Spinach, strawberries, almonds

**Lunch–** Turkey Taco Lettuce wraps (Fixate)

**Snack-** Spinach, Ham, pasta, olive oil

**Dinner-** Tilapia w/Kale (T25), brown rice, sesame seeds

**THURSDAY: 18th**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb

**Snack-** Carrots, Grapes, Hummus

**Lunch-** Tilapia w/Kale (T25), brown rice, sesame seeds

**Snack-** Spinach Chicken Wrap

**Dinner**- One Pot Bean and Sausage stew, sunflower seeds

**FRIDAY: 19th**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, coconut oil

**Snack-** Spinach, strawberries, almonds

**Lunch-** One Pot Bean and Sausage stew, sunflower seeds

**Snack-** Spinach, Ham, pasta, olive oil

**Dinner-** Linguine with red clam sauce, pine nuts

**SATURDAY: 20th – Flag Football Game**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb

**Snack-** Carrots, Grapes, Hummus

**Lunch-** Linguine with red clam sauce, pine nuts

**Snack-** Spinach Chicken Wrap

**Dinner-** out