**SUNDAY: 10th**

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

**Snack-** [Strawberry Spinach Salad](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Lunch-** BLT, berries

**Snack-** Spinach Egg Wrap

**Dinner-** Italian Meatloaf, sweet potato, green beans

**MONDAY: 11th**

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

**Snack-** Spinach Egg Wrap

**Lunch-** Tilapia w/green beans

**Snack-** Cucumber, Ham & Hummus Roll-ups

**Dinner-** Mushroom Chicken

**TUESDAY: 12th**

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

**Snack-** Spinach Egg Wrap

**Lunch-** Tilapia w/green beans

**Snack-** Cucumber, Ham & Hummus Roll-ups

**Dinner-** Mushroom Chicken

**WEDNESDAY: 13th**

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

**Snack-** Strawberries & Spinach with almonds

**Lunch–** BLT

**Snack-** Spinach & Egg Wrap

**Dinner-** Beef & Broccoli Stir Fry with brown rice

**THURSDAY: 14th**

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

**Snack-** Spinach Egg Wrap

**Lunch-** Tilapia w/green beans

**Snack-** Cucumbers, hummus & ham roll-ups

**Dinner**- leftovers

**FRIDAY: 15th – Leave for Vacation**

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

**Snack-** Spinach Egg Wrap

**Lunch-** out

**Snack-** carrots & hummus, fruit

**Dinner-** out

**SATURDAY: 16th - Hawaii**

**Breakfast-** out

**Snack-** spinach egg wrap

**Lunch-** out

**Snack-** carrots, hummus, apples

**Dinner-** Out