Sunday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Banana apple muffins |  |
| Lunch | Grilled Chicken Salad, pita bread | spoon.png |
| Snack | Tuna lettuce cups |  |
| Dinner | Chicken Fajitas, sunflower seeds | spoon.png |

Monday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Watermelon, blueberries & feta |  |
| Lunch | Chicken Fajitas | spoon.png |
| Snack | Tuna lettuce cups |  |
| Dinner | Aztec Casserole | spoon.png |

Tuesday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Yogurt & fruit |  |
| Lunch | Aztec Casserole | spoon.png |
| Snack | Carrots & hummus |  |
| Dinner | Fish Tostadas | spoon.png |

Wednesday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Banana apple muffins |  |
| Lunch | Fish Tostadas | spoon.png |
| Snack | Tuna lettuce cups |  |
| Dinner | Grilled Shrimp Boil Packets | spoon.png |

Thursday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Yogurt & fruit |  |
| Lunch | Grilled Shrimp Boil Packets | spoon.png |
| Snack | Carrots & hummus |  |
| Dinner | Leftovers | spoon.png |

Friday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Banana apple muffins |  |
| Lunch | BLT | spoon.png |
| Snack | Ham & Spinach Salad |  |
| Dinner | Out | spoon.png |

Saturday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Yogurt & fruit |  |
| Lunch | Chicken Wrap | spoon.png |
| Snack | Carrots & hummus |  |
| Dinner | Out | spoon.png |